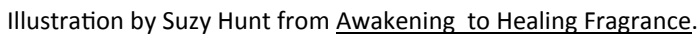
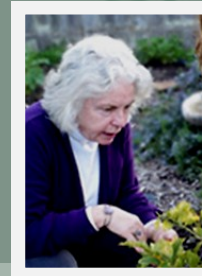


September 2010



# Elizabeth Anne Jones



The oxidation of essential oils from plants gives us the heady scents of the garden. Who better to help us explore the possibilities of fragrance in the garden than Elizabeth Jones, whose knowledge of and experience with aromatherapy and botanicals is legendary in our community? She is a leading educator and advocate in the field of using therapeutic essential oils in integrative medicine, as well as an avid and experienced gardener. Elizabeth will share ideas from her new book **Awaken to Healing Fragrance**.

By the way, Elizabeth's College of Botanical Healing Arts in Live Oak is offering a workshop called **Botanicals in Your Soap Dish** on Saturday, September 25th from 11:00 a.m. to 3:00 p.m. Students will learn the basic knowledge of various methods of soap-making and get hands-on experience in creating a bar of hand-milled soap using botanicals and additives from your garden and/or kitchen. The cost is \$45; for more information, go to [www.cobha.org](http://www.cobha.org) or call 462-1807.

**Thursday, September 9th, 7 – 9 p.m.**

**Aptos Grange Hall, 2555 Mar Vista Drive**

## Refreshments Provided

Thank you to Eileen Balian for dessert, Marie Moseley for snack and Suzanne Mercado for juice.



# sniffing Around the Internet

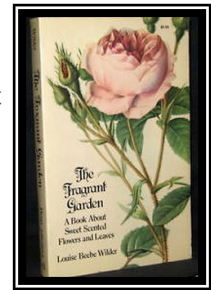
is cold winter of 1960... I have... the pungent late-  
winter about the... have... the pungent late-  
that has occurred... nos... the old-fashioned single  
out one that the... has been prettied up by the  
for the rose grow... street. Ever...  
men, because they... with a great  
centless varieties, do not have it the emph-  
y night. My own nose is not a very good  
because I am a heavy smoker, but neverthe-  
value fragrance and find it one of the  
of a garden, whether indoors or out. The  
I enjoy most that are in bloom indoors just  
my two big pots of freesias, a white and a  
their delicate scent is there for the  
g, but it does not overwhelm the room, as  
lies do. Colette once wrote that the ideal  
for the lily is the kitchen garden, and  
pers that in the garden of her childhood 'it  
d of all it surveyed by virtue of its scent  
striking appearance,' but she goes on to say  
r mother would sometimes call from her  
Close the garden gate a little, the lilies are  
the drawing room uninhabitable! ...  
the fragrance, whether strong or delicate, is a  
subjective matter, and one gardener's

Stumbling upon this lovely altered book page by Jenny Taliadoro at [www.jennysartspace.com](http://www.jennysartspace.com), I looked past the art to the writing on the page. (Altered books, if you are not familiar with them, are found books or pages embellished or transformed through multimedia art techniques.) This page was from *Onward and Upward in the Garden* by Katharine S. White. White had a lot to say about many things, but the way she describes the scents of flowers and leaves informs us of how attuned she was to them. She was a gardener who daily picked a bouquet to bring indoors – her house in September might be perfumed by the aromatic scents of zinnias, calendulas, heleniums, verbanas, flox and petunias. She reminds us that that intoxicating perfume of lilies, although the stuff of poetry, may be overwhelming. “Fragrance”, she says, “...whether strong or delicate, is a highly subjective matter, and one gardener's perfume is another gardener's stink”. She wrote fourteen essays for the *The New Yorker* from 1958-1970, full of insights, history, opinions and wit. Her husband, E. B. White, assembled them into a book after her death. Someone speculated that perhaps E. B. White got inspiration for his book *Charlotte's Web* while lounging in his wife's garden,

watching a garden spider spinning away!

Who would have known that *Nasturtiums* is an old word derived from the words *narsus* (the nose) and *tortus* (twisted)? Louise Beebe Wilder, that's who, who gave the name “nose-twisters” to flowers with a peppery note to their sweetness, such as chrysanthemum, marigold, calendula and tansy. In 1932 Wilder wrote the thorough, comprehensive and charming book *The Fragrant Path*, which even has a chapter on the scents of mushrooms. As I researched Wilder with growing enthusiasm, I found an entry in the blog *Garden Putter* titled “Old Ladies Who Garden” (<http://gardenputter.blogspot.com/2009/11/old-ladies-who-garden-louise-beebe.html>) which sent me over the edge. Louise Beebe

Wilder wrote nine gardening books filled with wisdom, humor and grace, and now I want them all. They are out of print, but I've found enough used copies of them on Ebay and through Amazon to make a serious dent in my Mastercard.



## Uh-oh ... Book sale

**SUMMER SALE**

save **30%** on all books

at [TimberPress.com](http://TimberPress.com), plus **free shipping**  
for orders over \$30. Sale ends September 6, 2010  
Click any link in this email to get discount

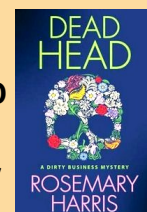
**TIMBER PRESS**



Speaking of denting credit cards, Timber Press, one of our very favorite book publishers, is having a sale. Free shipping, too. You'll have to act fast, though, because the sale only lasts until September 6th. Many, many of the books we've touted in this newsletter are Timber Press books, and many that we haven't gotten around yet to touting but certainly will are, too.

Club member Sirleen Ghileri writes, “If you like reading mysteries check out Rosemary Harris' ‘Dirty Business’ mysteries, *Pushing Up Daisies*, *The Dirt Nap* and *Dead Head*. They're fun to read and have plenty of gardening material. The heroine, Paula Holliday, has a gardening business called Dirty Business and does some detective work on the side. I've read two of them and have enjoyed them. They're all at the library.”

**NPR calls DEAD HEAD "a perfect summer read."**





# Portrait of a Gardening Duo: Dee & Art Weybright

by Lise Bixler

I first met Dee Weybright years ago when I joined the Bonny Doon Gardeners' Club. Each month we'd rotate meetings at a different gardener's home, where we'd ooh and ah. When we met at Dee's garden, I thought, "Her garden is a sister garden to mine!" It felt familiar and welcoming – rich and rambling flower beds, interesting and varied garden décor, a sprawling jumble of exciting growth. There was something to look at everywhere. But the Weybright garden was so much more than my random garden – lush raised vegetable beds, hardscape and trellises and arbors and supports and cages and gopher boxes and sheds. "That's all Art", said Dee. "I do the flowers and Art does the veggies." But it isn't that simple. Theirs is what the Weybrights call a "symbiotic relationship", with a division of labor that appears seamless.

Dee is known not only for her gardening but for her cooking. Each year she puts up about one-and-a-half zillion jars of tomato ketchup and tomato paste. Where does she get her tomatoes? Well, that's Art's job.

Art has a greenhouse, where his tomato plants hang out before it gets warm enough to plant them in the ground, but that's not where he starts his seedlings. He's set up a seed starting system in the warmest place in their house – the water heater closet.



Each spring Dee will give a call and say, "Hey, Art's got some extra tomato seedlings. Any of you want them, come and get them". "What kinds?" I'll ask. "Oh, all sorts," says Dee. I asked Art how many seedling he started this year and he answered, "Six-hundred-and-forty". That is not a typo. Many of them he gave away; many he sold at the Bonny Doon Saturdoon market for \$2 each. "That helps pay for my greenhouse heating bill," he explains. But it's astounding to see that in the ground this year he is actually growing 140 tomato plants. Most are plum tomatoes. That's a lot of ketchup! He also recommends the sweet and juicy grape tomato 'Juliet', which can grow to seven feet and bear constantly, and the hybrid 'Carmello', reliable, disease resistant, prolific and immensely flavorful



Dee doesn't spend her summers cooking up that tomato bounty, though. She uses her old Oster to make them into puree to stick in the freezer. Then in the cool of winter she gets to work making her condiments and sauces. Her secret for making the ketchup she's famous for is adding three times as many onions than the recipe calls for.

The Weybrights have lived in their house on a 1 ¾ acre lot on Towhee Drive for 22 years, but they've been gardening for all 54 years of their marriage.

Art has been a gardener since he was a child. By the time he was nine years old, he was working at nurseries in the Seabright area of Santa Cruz. His mother, raised in Kentucky, was a gifted gardener who could just touch a plant and it would grow. Art says her garden in Soquel was like something out of a Sunset Magazine. The Japanese maple tree Dee and Art are posed in front of in the picture here was grown by her from a seed.

Not only does Art have a green thumb, but construction skills that leave me impressed and envious. Look at their potting shed!



Dee says she's always been a gardener from her earliest memories. She has an infinity of plant enthusiasms. Dahlias grow in great profusion and variety – tall, vigorous, wildly colored. She has a



magic touch with chrysanthemums, including native ones, which punctuate the entire garden.



Hydrangeas, roses and rhodies, ferns and fuschias, glads, astilbes, viburnum, conifers, hanging baskets everywhere – what a profusion!



Dee's taste in garden decor is best described as eclectic. She's got old and funky things, lovely classic things, bits and pieces, sculptures, totems, orbs, birdfeeders, mobiles, fountains, statues,



mementos – a collection of glorious stuff that reflects her personality, humor and warmth.

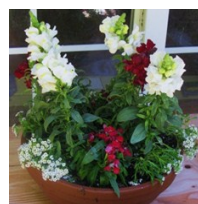
She shows off her favorite: Deena the dinosaur, or course.



There are also some more formal elements in this wild, exuberant garden, like arbors, a fountain, a pond and bridge.



The Weybrights love sharing their garden. A big gardening event in Bonny Doon is Dee's annual Pot Party, which she has thrown for 17 years. Every year about 75 people show up with six-packs of annuals to share and their own pots. Dee and Art provide potting soil and potting tables. Everyone picks from the huge selection available to compose and plant their own color pot to take home. Dee prepares a bounteous buffet lunch for all to enjoy at shaded tables on the deck.



Where do the Weybrights get the energy to do all they do? I don't know, but they are an inspiration to us all.

Some members of The Gardeners' Club give of themselves so vigorously, consistently and generously that they are a permanent influence. Virginia Saso has been one of those people. She is a well known herbalist who, with husband Louis Saso, owned the world famous Saso Herb Gardens in Saratoga until they retired. Many local area gardeners and landscape professionals were former Saso Herb Garden interns.

In recent years, Virginia has volunteered at the Plant Table, giving expert plant information and propagating a surprising number of the plants available. There are few of us who don't have some of her stunning ornamental oreganos or various salvias thriving in our gardens. Her presentations, annual wreath making demonstrations and garden inspired table decorations for special

## Acknowledging Virginia Saso



*Club President Cherry Thompson awarding Lifetime Membership to Virginia Saso.*

events were some of her other many contributions to the Club.

Virginia doesn't feel up to participating in our group in the energetic ways she used to, so we wanted to make sure she knows she will always be a part of us. At our July 26th Board Meeting, in appreciation for her years of outstanding service to the club, Virginia was awarded a Lifetime Membership. The *Santa Cruz Sentinel* featured this occasion in their "Name Dropping" column.

In addition to awarding Virginia the Lifetime Membership, the Gardeners' Club Board of Directors has established the Virginia Saso

Award, a \$100 donation to be awarded annually in her name. We welcome your suggestions for worthy recipients of this award.



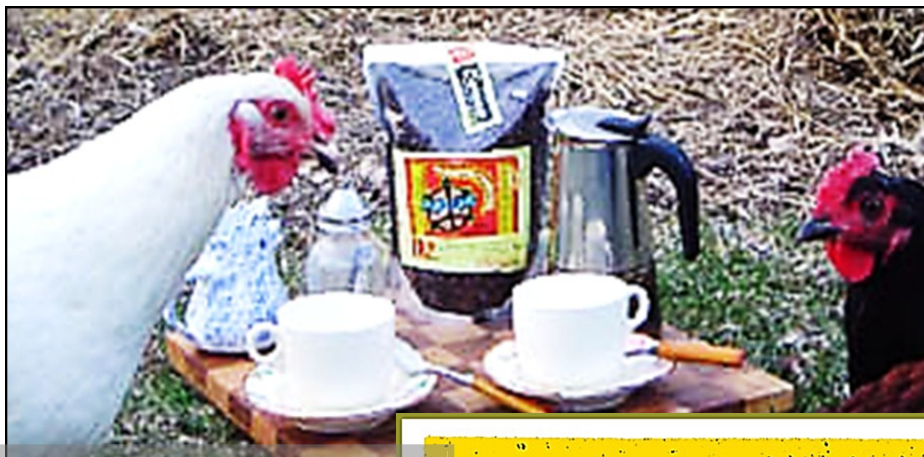
Get Ready!



No pressure, but on September 1st there will only be forty-four (44) days left until The Gardeners' Club Outrageous and Outstanding Fall Plant Sale and Trade at the October meeting. What better excuse do you need to divide your irises, make softwood rootings, dig up plants you've tired of or have too many of, gather seeds, clean out your toolshed and bookshelf, etc.? You can bring extra produce and bulbs, pots, garden knick-knacks and paraphernalia, and anything else you might think would be of interest to gardeners. Time invested in getting your plant starts and divisions rooted and settled in their pots will bring you great rewards at the plant swap—think of all of the new plants you'll be able to trade for and bring home to try!

## Backyard Chickens

Love Apple Farm is offering a **Backyard Chicken-Keeping** workshop to learn all about backyard chickens, then take home baby chicks! They say, "Even city dwellers can keep a few laying hens in their yards. Most city ordinances allow it. Students will take home three live chicks - after learning how to care for them. Class participants also receive a brooder starter kit containing heat lamp system, feeder, waterer, bedding, and chick feed." You will receive plans on building a simple yet predator-proof coop. You need not build the coop prior to class; your chicks will be fine with your take-home brooder kit until a proper coop can be built. The class is limited to those 8 years and older. You will receive female chicks (they do not crow) and each one will lay a different colored egg: green, white, or brown. Hens do not require a rooster in order to lay eggs. The Backyard Chicken-Keeping class will be on Saturday, September 18th, 10: a.m.—2:00 p.m. Cost: Tuition, \$45; Materials Fee, \$65; each additional person in family or group, \$20. The class is held at Love Apple Farm, 2317 Vine Hill Road, Santa Cruz. For more information or to register, go to [www.growbetterveggies.com/growbetterveggies/2009/09/fall-2009-chickenkeeping-class](http://www.growbetterveggies.com/growbetterveggies/2009/09/fall-2009-chickenkeeping-class) or call **588-3801**.



Coffee. Garden. Coffee.

Does a good morning need anything else?

~Betsy Cañas Garmon,  
[www.wildthymecreative.com](http://www.wildthymecreative.com)



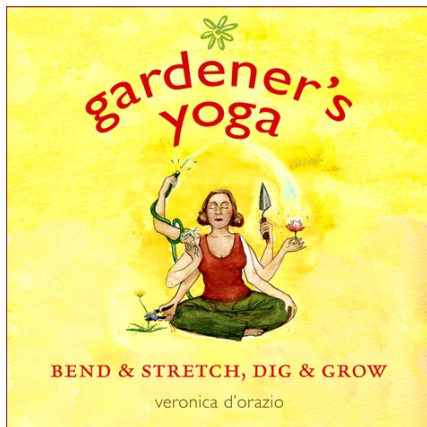
**POLLINATOR BLEND**

PEACECOFFEE.COM  MINNEAPOLIS, MN

Katherine Hall has a blog you will love—visit <http://plantwhateverbringsyoujoy.com>. She is a lively and thoughtful writer, and her posts are varied and engaging. Resting my weary body after a day of hard

gardening, I came across her review of a book on yoga for gardeners, which she graciously shares with us. Katherine has also written a book, a collection of stories which grew out of her life and gardening, *Plant Whatever Brings You Joy* (read more about it on her blog—and in this newsletter next month). month!)

I have had a kind of half-baked thought that if I would simply incorporate my background in yoga into my gardening work, I might have a pretty darn good practice, and, hey, I'd call that master multi-tasking! And then, behold, a smart cookie named Veronica D'Orazio wrote a book called *Gardener's Yoga: Bend & Stretch, Dig and Grow!* Praise be! It's published by the nice folks at Sasquatch Books up in Seattle. Pretty cute cover, I'd say, thanks to a



talented illustrator named Tim Foss.

So from the get-go I could tell Veronica suffered from this same compulsion that I, and I am willing to bet you, also fall into. States she on the first page: "When I used to weed the garden I would enter some kind of bizarre green vortex where time seemed to stop. I experienced a strange, almost physical compulsion to clear and continue." I know we all know exactly what you are talking about, Veronica. She goes on to describe the attending side effects of Living in the Green Vortex, my

friends. "I would weed unceasingly. I forgot to eat. I forgot to socialize. Mostly, I forgot my body."

Uh-oh. It gets worse.

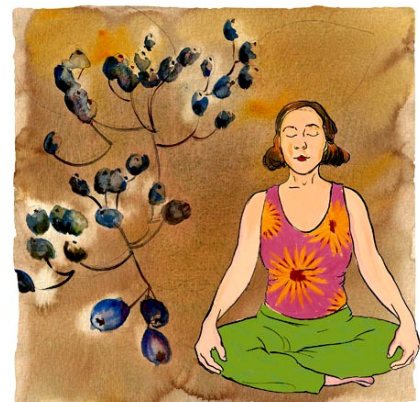
"I would squat for three hours straight under the squash blossoms and then try to stand up. Stooped over and sore, I would hobble over to the hose..."

Uh, we get the picture, my dear. We have all been there (and still are, I bet!).

Anyway, she finally did learn to pay attention to her aching and loyal human vehicle, after what she describes as "the clincher." [Why oh why must we always wait for the proverbial swinging door to hit us on our lovely patooshes??] Continuing in this frenzied pattern Veronica finds herself one blissful evening unable to stand up. "My back went out somewhere in the scented geraniums..." she laments. Now her body had her attention. Fortunately the solution lay closer to her than she might have imagined. Already a practitioner of yoga Veronica begins to imagine how yoga might actually support a gardener in preventing injuries or the accompanying aches and pains that we all at times feel in manifesting our ambitious gardening endeavors. She notices the inherent links even in the names of some of the various poses: the tree pose; blooming lotus; mountain. These

Sanskrit names which are over two thousand years old reflect a culture which had not isolated the body from the soul or the garden from the spirit. Ms. D'Orazio is a gifted, spiritually attuned writer and she deftly weaves the lines between the source of yoga and the source of gardening, all, in essence, one in the same.

What follows in *Gardener's Yoga* are 21 poses, all beautifully illustrated by Mr. Foss, and eloquently explained by the author. Might I suggest this book as an invaluable companion to your gardening activities this year? If so, remember that as you approach each pose that what you are aspiring to is to reach only as far as you are comfortable. Here is the Easy Seat pose, a good beginning pace:



While it's true there is a correct form for each pose, one does not begin at that state any more than a baby comes out walking. You could use this book as a guide. Moving into poses is instant feedback about what you were

(continued next page)



probably heretofore unaware of in your body. Or you kind of knew but were hoping it would go away. Fortunately one of the many gifts of yoga is that most likely those stiff places will eventually melt simply in the sheer act of feeling them, and stretching and breathing into them. Remember yoga was originally designed to assist people who meditate to sit for long periods without getting uncomfortable. It makes sense it would assist us in our gardens as a practice.

Here's the basic seated spine twist. Your organs love this one:



When I lived in North Carolina I had a long wooden back porch that faced a virtual forest of a back yard and there I would privately do my practice. In Arizona I managed to find a quiet corner in the front yard, always using a thick yoga mat. I have yet to find the perfect outdoor corner here, but I will join you in that quest. It's the perfect time. Keep me posted on your progress, will you?

Love and blessings,  
Kathryn xoxo



## Watermelon syrup

Did you know that watermelon has more lycopene per serving than a tomato (that's what gives it its red color)? Did you know that it is cholesterol and fat free, and low in sodium? Did you know you can counteract most of its health benefits by making it into an extremely delicious syrup and using it to top ice cream (which DOES have cholesterol, fat and sodium)? Club member Joanna Hall's watermelon syrup was an enormous hit at our August Ice Cream Social. Here's a recipe for it.

### Watermelon Syrup

4 cups pureed watermelon (remove seeds before pureeing, or use a seedless watermelon)

1 cup sugar

Place pureed watermelon & sugar in a saucepan over medium heat & stir while bringing to a simmer. Adjust heat to maintain simmer. Stirring occasionally, simmer until the mixture has reduced by one half in volume & becomes syrupy. Remove from heat & place in a glass bowl or jar and cool. Cover and refrigerate until ready to serve. Keeps 5 days in the refrigerator. Makes 2 cups.

Serve over ice cream, over angel food cupcakes or cheesecake, or use in sodas or cocktails.

### September Board Meeting

All Club members are invited to the next Board meeting at the home of Pat Williams, 620 Townsend Drive, Aptos., on Monday, September 27th; we'll meet at 6:00 p.m. to tour Pat's garden.



# Tips and To-Do's

We garnered quite a few tips from our own members at the August meeting. Here's one from Patty Connoles: When using cinch traps to combat gophers, spray them with Pam or a similar cooking spray. Not only does it help your traps work better by keeping them lubricated, it seems to actually attract the gophers.

Wonder what flavor they like best?

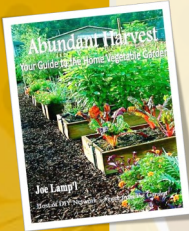


Cut up slats from discarded Venetian blinds to use as plant labels. Believe it or not, using plain pencil rather than a permanent marker on them will last much longer. If you use a marker, take some clear nail polish and give it a coat to help it withstand the elements.

As you diligently gather the seeds from your larkspur, delphiniums and poppies you don't have to save them until spring. You can plant them right now, and they will get established during the winter rains.

**The Steve Brookes' DVD "Great Gardening Tips" featured at our last meeting is now a part of our lending library, so you can borrow it and watch it at your leisure.**

We like freebies. You can download a free book on vegetable gardening, Abundant Harvest, written by Joe Lampl, by going to [www.growingagreenerworld.com](http://www.growingagreenerworld.com).



And remember a few months ago when we told you about a wonderful new TV show "Growing a Greener World" which you'd be able to watch on PBS? Well, it turns out it isn't on our local PBS channels, at least yet. But if you go to the same web site address, you can watch episodes for free.

Episode 110 features a visit to Annie's Annuals!



Sweet pea seeds should be fall-sown directly into the garden from September through November to grow strong root systems and then bloom in spring. Our local seedswoman Renee Shepherd carries the most beautiful, fragrant heirloom varieties—and best of all, all of her seeds are 30% off until September 6th! Go to Renee's garden for articles on how to grow sweet peas, and to drool over the many choices you have to grow



What a great tip to help your cuttings take root! Unpackage the free shower cap from your last motel stay, and voila! A planter turns into a minigreenhouse to help you propagate plants.

Suzanne Mercado and others highly recommend Pfisters' Perennials Plant Sale in Ben Lomond for wonderful bargains on a wide variety of healthy plants and other good garden stuff. When Tim and Julia hold their sale it is on Friday, Saturday and Sunday on a weekend, at 9560 Central Avenue. Call 336-2770 for the dates of their next sale, or e-mail [pfistersperennials@sbcglobal.net](mailto:pfistersperennials@sbcglobal.net) to sign up for their newsletter.

**If you are mail-ordering bulbs to plant this fall for spring bloom, do it now so they arrive in time. There are some wonderful alliums, Orienpet lilies, saffron crocus and heirloom species glads that are on MY list.**



## Santa Cruz County Fair



As usual, there will be oodles to see at the Floriculture building. And as you walk Apple Blossom Lane on your way to the Poultry Barn to check out the chickens, take a few moments to stop and smell the roses—at the Fairgrounds Rose Garden, lovingly restored last year by the Monterey Bay Rose Society. Take a relaxing stroll, or take a seat on a bench and admire the 60 new roses that have been planted. Fair dates are Sept. 14-19. For more info, go to [www.santacruzcountyfair.com](http://www.santacruzcountyfair.com).

## Dahlia Society Show



**Labor Day Weekend, Sept. 4th & 5th**  
**Soquel High School off Old San Jose**  
**Road in Soquel**

This year's event will include thousands of plants on display from exhibitors from all over California. Visitors will be able to ask questions of Monterey Bay Dahlia Society members about dahlias. An additional highlight is the sales section, where blooms will be on sale, as well as plants and artwork. A judged show will take place; the growers of the best flowers will win a small prize.

## Harvest Festival at the UCSC Farm

Sunday, September 26, 11 am - 5 pm

The Farm's biggest open house of the year includes the third "Food for Thought" forum on local food issues. Live music, food, apple tasting, an apple pie bake-off, garden talks, hay rides, kids' events, tours, displays by local farmers, chefs and community groups make this a great event for adults and kids. Free for Friends' members, kids 12 and under, and UCSC students with ID; \$5 general public. Call 831.459-3240 for more information.

## Master Gardeners Annual Garden Tour

Monterey Bay Master Gardeners  
13th Annual Garden Tour

*From Garden to Table:  
A Harvest of Food and Flowers*

**Self-guided tour Saturday, September 25, 10am to 4pm**  
Seven gardens in Santa Cruz, Capitola, and La Selva Beach



**Mini-garden Lectures**

- Raising Chickens in City Gardens
- Succulents – Beautiful & Here to Stay
- Bees – For the Love of Honey
- Veggies and Herbs in Unusual Places
- Compost and Worm Vermiculture

**Market Place**

- Art Gallery
- Book Shoppe
- Second Chance Store

**Box Lunch Café\***

**Raffle**

**Famous Plant Sale**

- Hundreds of plants propagated by Master Gardeners

Tickets are \$20 in advance online (PayPal) and at your favorite local nursery (cash or check). Tour Day \$25 (cash or check).

\*Garden-fresh box lunch is \$15 and must be purchased in advance online.

[www.montereybaymastergardeners.org](http://www.montereybaymastergardeners.org)  
For more information call 831 763-8007 or [cynjrd@pacbell.net](mailto:cynjrd@pacbell.net)



I should like now to promenade around your gardens –  
 apple-tasting-  
 pear-tasting-  
 plum-judging-  
 apricot-nibbling-  
 peach-scrunching-  
 nectarine-sucking,  
 and melon-carving.

JOHN KEATS (1795-1821)



aiko sumida japochine.blogspot.com

## The Gardeners' Club

270 Hames Road, #50, Corralitos, CA 95076

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2nd position—vacant

3rd position - vacant

### Refreshments

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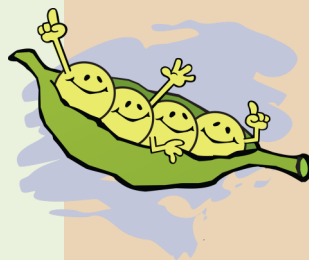
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[www.thegardenersclub.org](http://www.thegardenersclub.org)



### It's easy-peasy to join our club!

Dues are \$12 per calendar year. Make check to "The Gardeners' Club" and mail to 270 Hames Road, #50, Corralitos, CA 95076. Meetings are held at 7:00 p.m. on the 2nd Thursday of each month at the Aptos Grange Hall, 2555 Mar Vista Dr., Aptos.

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