

# The Gardeners' Club

Santa Cruz County, California

October 2012

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At last! Our always stupendous

## Fall Plant Swap & Sale



Thursday, October 11th, 7:00 p.m.

Aptos Grange, 2555 Mar Vista Drive

Don't miss this wonderful opportunity to get free and bargain-priced plants and paraphernalia for your garden. Our members have been industriously dividing their perennials, potting up seedlings and extra plants, collecting seeds, bagging bulbs, gleaned surplus harvest, thinning tool and décor collections—all to make our trade and sale event a rich and rewarding experience. Come choose from a limitless variety of plants, bulbs, perennials, shrubs, seeds, small trees, tools, pots, vases, planters, books, magazines, knick-knacks and anything/everything garden. If you don't have plants to trade, you can buy stuff at ridiculously low prices. You are sure to discover something new to try.

Don't miss out—see you there!



(see inside back cover for more details)

Arboretum at UC Santa Cruz and  
California Native Plant Society

**FALL PLANT SALE**

*Saturday, October 13th*  
Arboretum Eucalyptus Grove

10am – 4pm for Arboretum and

California Native Plant Society Members

Noon – 4pm for the general public



*Not a member of the Arboretum or CNPS and want to get in early? Memberships for both organizations will be available at the gate.*

This sale is a wonderful opportunity to take home some of the astounding color of the Arboretum, expand your collection of California native plants and support two great community resources.

**Rhododendron Exchange and Plant  
Starting Workshop**



Saturday, October 27th  
10:00 a.m.

[Probuild Garden Center](#)  
Santa Cruz

Start rhododendron plants from cuttings. Learn how to by attending The Monterey

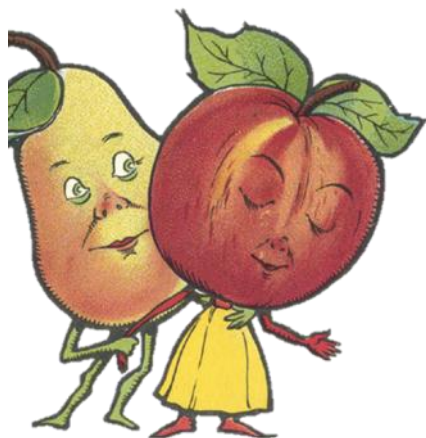
Bay Chapter of the American Rhododendron Society program led by Mike McCullough on growing rhododendrons from cuttings. At the program, you, using cutting material, peat moss, perlite, styrofoam cups, and plastic bags will create your own plant which should be blooming in approximately three to five years. At the meeting, you will be able to take home something which should have flowers in three or four years.

**October is Breast  
Cancer Awareness  
Month**



At <http://www.gnomefrenzy.com/breast-cancer-garden-gnome.html>, you can buy your own Breast Cancer Awareness Garden Gnome. Or put something pink in your garden (a clematis, a rose, a painted bench, or...?) , and make a donation to fund breast cancer research or hospice care.

**APPLE OF MY EYE**



Join the final shindig of the 2012 Foodshed Project event series, “Apple of My Eye”. Hosted at the Downtown Santa Cruz Farmers’ Market at 3pm on Wednesday, October 3rd, this is a day to learn about the APPLE, a spectacular fruit, so varied in its splendor; tart, sweet, crunchy, red, green, glowing...let’s eat some. Taste a slew of apple varieties from local grower, Mellody Ranch. Join Kevin Koebel of Local Fatt, the rogue chef, in a journey through all the many things to be made with apples, from skin to flesh, delicious creations. Enjoy music, face painting, a family friendly scavenger hunt lead by the ‘Food, What?!’ youth. Take a ride on the bicycle blender and visit the art table. It’s free and fun!

The FoodShed Project (FSP) is an education and outreach program of the Santa Cruz Farmers’ Market which highlights the significant work being rolled out by SCCFM farmers, food artisans and community partners. For more information about the Foodshed Project

visit [www.santacruzfarmersmarket.org](http://www.santacruzfarmersmarket.org). Please contact Nicki Zahm with questions or if you would like to volunteer, [sccfm.ed@gmail.com](mailto:sccfm.ed@gmail.com) or (831) 428-5502.



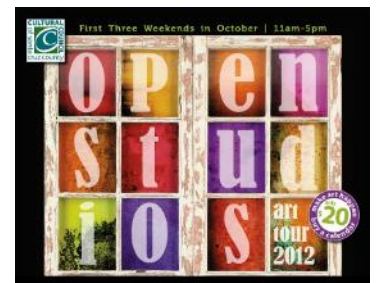
***"Nothing is more the child of art than a garden." - Sir Walter Scott***



Here are photos of the front and back of the garden sculpture ("Tomato Goddesses") I created in Mattie Leeds' "Make it Big" sculpture class. I've got a second sculpture ("Butterfly Kiss") that should be out of the kiln and displayed at Mattie and Melissa's studio and garden during Open Studios on October 13, 14, 20 & 21. I've been helping to pot up some of Melissa's wild pots with succulents and grasses—come see them. Open Studios is a great way to see all sorts of garden art throughout the county, and to support art and artists. By the way, I'm taking another sculpture class with Mattie the end of October; anyone adventurous enough to join me? You don't have to be experienced, and you get flexible hours and one-on-one attention and instruction from an incredibly talented artist.

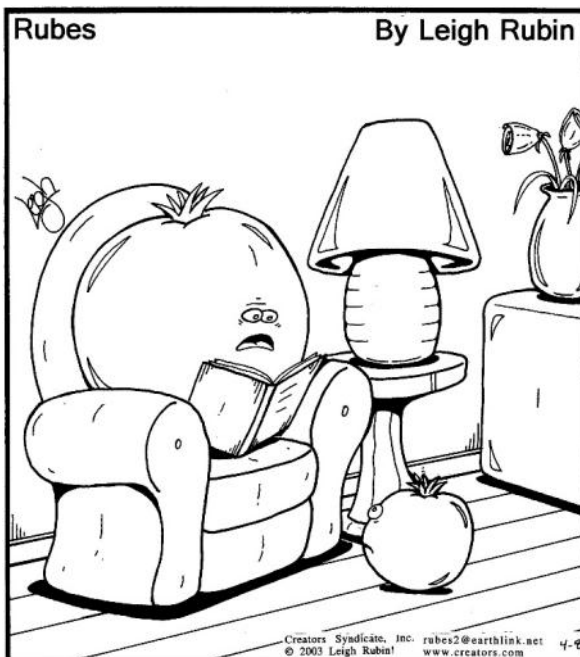
Mattie Leeds—<http://www.mattieleeds.com/> 429-8123

Open Studios—1st 2 weekends of October  
<http://www.ccscc.org/>

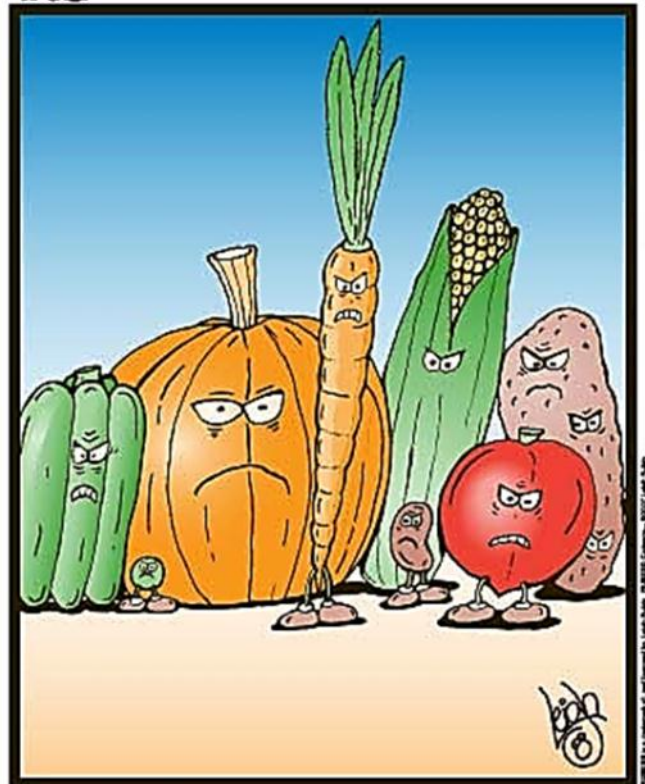


## A Taste of Rubes

Leigh Rubin has been described as a master of the visual pun. He is famous for his syndicated newspaper single panel cartoons. You can order his cartoons as t-shirts, prints, mugs, greeting cards, calendars, tin signs, etc. Go to his website at <http://www.rubescartoons.com/> to peruse his archives, books, etc. Hope his creations make you laugh out loud!



"Well, son, there's really not much to explain about the birds and the bees ... You see, your mother and I got you from a seed catalogue."



**Steamed vegetables.**

"Steamed vegetables" available as an apron or T-shirt at "Incredible Gifts" (<http://www.incrediblegifts.com/lerustvet.html> or 1-800-982-5992).



# PLAY AND WORK

## Free Mulch

When you rake up fallen leaves, don't bag them up—use them as mulch in your garden beds. Straw salvaged from bales left behind by pumpkin sellers after Halloween also makes great mulch.

## Propagate Succulents

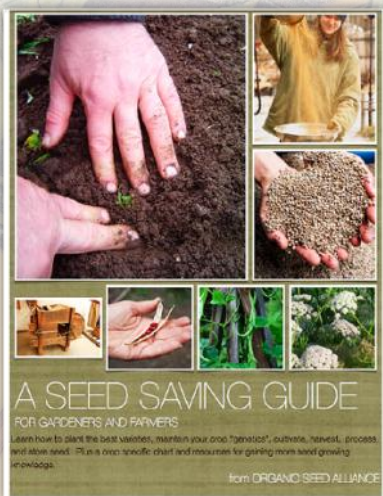
Were you inspired by the Succulent Extravaganza event to add multiple succulents to your landscape? Use 9 parts perlite to one part sustainable peat or potting mix for successful succulent propagation—keep it moist and out of direct sun.

## Wintersowing Flower seeds

It seems counterintuitive to be sowing flower seeds this month, but go ahead! You can plant calendula, California poppy, cornflower, foxglove, hollyhock, nasturtium, nigella, portulaca, scabiosa, stocks, sweet alyssum, sweet peas and more. You can also plant starts of hellebores, Iceland poppy, pansies, snapdragons, stocks and violas.

## Save Your seeds

It is prime seed-saving time. Get a free seed saving guide at [http://www.seedalliance.org/uploads/publications/Seed\\_Saving\\_Guide.pdf](http://www.seedalliance.org/uploads/publications/Seed_Saving_Guide.pdf). Got questions about seed saving and need an answer NOW??? Check out the [Seed Savers Exchange Website](http://www.seedalliance.org/seed-savers-exchange).



## October Chores

Tidy up your roses, but don't prune them yet. Put the black-spotted leaves in your green waste can, not in your compost. No more feeding of roses; let them rest. Trim and divide irises; give them some bone meal or phosphate. Plant daffodils and allium—critters won't eat them. Plant perennials. Cut off dead or rotten wood from shrubs (but that's the only pruning you should do right now). Sow lettuce, radishes, spinach and kale for winter salads. Move or plant deciduous trees and shrubs after their leaves have fallen. Clean up your rose beds, but don't put diseased leaves in your compost. Clean up your spent flower and vegetable beds—add lots of compost, and mulch thickly. Plant garlic. Enjoy the Monarch butterflies!

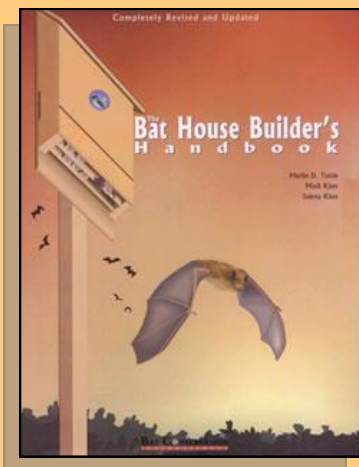




Go batty for Halloween—plant a bat garden. Bats are great natural pest controllers. There are about ten species of bats that live in the Santa Cruz area. If you see a bat near your house that is relatively plump, it's probably a "large brown bat". A single brown bat can eat up to 1000 mosquitoes in one hour. Bats eat many garden and agricultural pests including cutworm moths, chafer beetles, potato beetles and spotted cucumber beetles.

Bats eat night flying insects. If you would like to attract bats to your garden, plant flowers that are late day blooming or night-scented. These plants will attract night pollinators, like moths, which bats like to eat. A few suggestions are Evening Primrose, Nightflowering/ Silene catchfly, Fleabane, Goldenrod, Four o' clocks, Salvia, Nicotiana, Moonflowers and aromatic herbs.

And isn't it time you added a bat house to your garden décor? If you'd like to build your own, go to [http://www.eparks.org/wildlife\\_protection/wildlife\\_facts/bats/bat\\_house.asp](http://www.eparks.org/wildlife_protection/wildlife_facts/bats/bat_house.asp) for free plans. Or go to [BatCatalog.com](http://BatCatalog.com) to buy this book and to support Bat Conservation International.



## Workshop— Cover Crops in the Orchard



**Date and Time:** Sunday, October 7, 10 am – 1 pm

**Location:** Alan Chadwick Garden, UC Santa Cruz

**Description:** Orin Martin and Matthew Sutton will discuss and demonstrate cover cropping for the home orchard. Learn how to prepare your orchard's soil for winter rains and boost soil fertility, including best choices for cover crops and planting techniques. \$20 for Friends of the Farm & Garden members, \$30 for general public, \$5 for UCSC students, payable the day of the workshop. For more information, contact 831.459-3240 or [casfs@ucsc.edu](mailto:casfs@ucsc.edu).

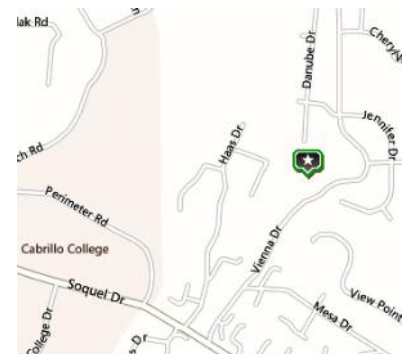
## Pepperfest

**Sat., Oct. 6th, 11 a.m., Westside Farmers' Market**

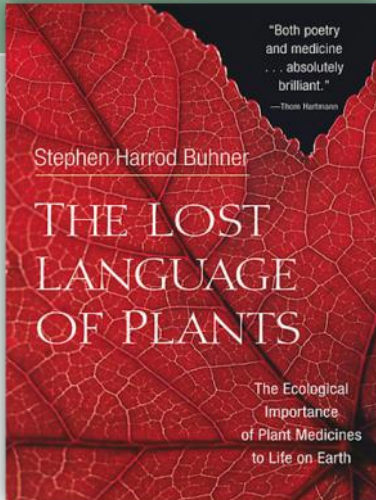
Join pepper enthusiast and horticultural master Orin Martin, Manager of the Alan Chadwick Garden at UCSC, and the farmers at Everett Family Farm to hear growing and cooking tips, and see a pepper roasting and smoking demonstration. Both sweet and hot pepper varieties will also be for sale at the Everett Farm booth, as well as at other farms' booths as well as food vendors profiling peppers in their cuisine. at market. Gather at 11 am sharp for Orin's discussion on the amazing variety of peppers you can enjoy this season. Roasting demo and Q&A to follow. Questions? Email [EverettFarmCSA@gmail.com](mailto:EverettFarmCSA@gmail.com)

## Next Board Meeting

Join us at Lupe Allen's home at 103 Danube Dr., Aptos on Monday, October 22nd, for the next Board meeting. We'll meet at 6:00 to tour Lupe's garden. You don't have to be a member to attend—come to socialize, learn more about our Club and to offer your ideas and feedback.



# Read



## Book Review by Elizabeth Jones

This summer I loved reading The Lost Language of Plants : The Ecological Importance of Plant Medicines by Stephen Harrod Buhner . This book is a brilliant and poetical story about the need of modern

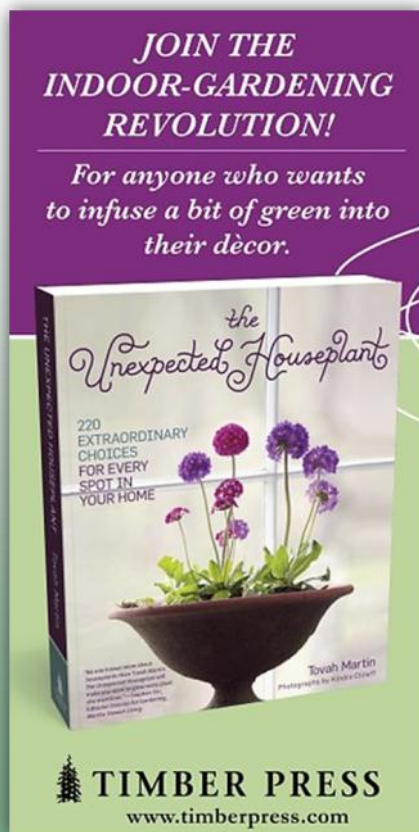
beetles, a gopher all busily interacting with the plants. They observed the variety of plants and how they grew together like artemisias, sages, lavenders, lemon trees, vitex bushes, rosemarys and chamomiles. All of these plants provide the herbs or essential oils that we study at the school. They sat next to the plant that silently spoke to them and received some intuitive wisdom for their physical, emotional, and mental health.

This seems like a good exercise for gardeners to take a little time and just be with a few of your favorite plants. It is a time to let go of the stress of our human society, even the stress of maintaining a garden to just enjoy the beauty and healing of our plants. It is an opportunity to observe the ecosystem you have created with nature in your magical garden.

*Elizabeth is a Club member , the director of the College of Botanical Healing Arts (1821 17<sup>th</sup> Ave., Santa Cruz—[www.cobha.org](http://www.cobha.org)) and the author of Awaken to Healing Fragrance: The Power of Essential Oil Therapy. You can contact her at (831) 462-1807.*

people to reconnect with the sacred intelligence of plants. Mr. Buhner writes the failure to respect natural ecosystems and live in an ecologically balanced way can lead to disease and environmental disaster. The author encourages us to raise our children with knowledge of plants, animals, and insects.

As a teacher, inspired by this book, I asked some of my students to sit in our College garden by plants they liked for 30 minutes. They observed the ecosystem surrounding them. They saw hummingbirds, caterpillars, bees, ants,



## Just Vegetating: A Memoir

Joy Larkcom, is known as the British “queen of vegetable growing”. Among many innovations she introduced bags of mixed salad leaves, and popularized the practice of cut-and-come-again.

All this, according to Joy, stemmed from the Grand Vegetable Tour she undertook with her husband, Don, and their two young children in the 1970s, travelling around Europe by caravan. While Don did the cooking and taught the children, Joy bicycled off to find out everything she could about how people were growing

vegetables and to collect seeds of rare varieties. The tour led to books and a lifetime of garden writing.

The articles published here, for the first time in book form, are selected from that life's work. They describe not just her adventures on the Grand Vegetable Tour--from a rollicking evening's dancing after husking maize with French farmers to visiting ancient Portuguese gardens excavated in sand dunes--but many other experiences, including life at the small experimental market garden she set up in East Anglia on her return; her travels in China and Japan in quest of oriental vegetables; and the creation of a new 'retirement' vegetable garden at a farmhouse on the west coast of Ireland.



## Tally Sheet & Instructions for Plant Sale & Swap

You can take plants home by either paying bargain prices in cash, or by bringing plants and other items for trade tickets to use instead of cash. Fill out this form before the meeting if you are going to trade.

You may bring plants, seeds, bulbs, harvest bounty, books, tools and any other miscellaneous items of use or interest to gardeners. This is what you'll get for what you bring:

- 2", 3" & 4" pots: 1 ticket each
- 6" pot or 6-pack: 1.5 ticket each
- 1 gallon pot: 2 tickets each
- 2 gallon pot: 3 tickets each

Miscellaneous items are priced at the meeting.

Label your plants with their common or botanical names, and put your name on them in case purchasers have questions.

Please don't bring loose, dirty plants that would make a mess, or plants you

wouldn't be proud to put your name on.

We appreciate all of you who come early to help set up – it's a lot of work! And if you can, plan on staying to help with clean-up.

We'll start accepting plants at 6:40 p.m. The purchase prices are:

- 2", 3", or 4" pots: 2 tickets or \$1 each
- 6" pot or 6-pack: 3 tickets, or \$1.50 each
- 1 gallon pot: 4 tickets or \$2.00 each
- 2 gallon pot: 6 ticket or \$3.00 each

When there are multiples of the same plant available, please take only one until other members have had a chance to buy one. If there are multiples left over, then you can grab them! Plants that don't get sold or given away go home with the person who brought them.

Good luck, and have fun!



**Please complete this form at home and bring it with you to the meeting.**

**Number of 2, 3 or 4" pots:** \_\_\_\_\_ X 1 = \_\_\_\_\_ tickets

**Number of 6" pots or 6-packs:** \_\_\_\_\_ X 1.5 = \_\_\_\_\_ tickets (round up to whole number)

**Number of 1-gal. pots:** \_\_\_\_\_ X 2 = \_\_\_\_\_ tickets

**Number of 2-gal. pots:** \_\_\_\_\_ X 3 = \_\_\_\_\_ tickets

**Miscellaneous items (to be priced at meeting):** \_\_\_\_\_ tickets

**TOTAL TICKETS:** \_\_\_\_\_

*October*  
By Robert Frost

O hushed October morning mild,  
Thy leaves have ripened to the fall;  
Tomorrow's wind, if it be wild,  
Should waste them all.  
The crows above the forest call;  
Tomorrow they may form and go.  
O hushed October morning mild,  
Begin the hours of this day slow.  
Make the day seem to us less brief.  
Hearts not averse to being beguiled,  
Beguile us in the way you know.  
Release one leaf at break of day;  
At noon release another leaf;  
One from our trees, one far away.  
Retard the sun with gentle mist;  
Enchant the land with amethyst.  
Slow, slow!  
For the grapes' sake, if they were all,  
Whose leaves already are burnt with frost,  
Whose clustered fruit must else be lost—  
For the grapes' sake along the wall.



*Wild California 'Roger's Red'  
Grape Recipes*

Chef John Farais, [Indigenous Edibles \(http://www.indigenouseidibles.com/\)](http://www.indigenouseidibles.com/)

**GRAPE PUREE**

Wash and stem grapes. In large kettle, heat grapes 10-15 minutes on low heat, long enough to loosen skins. Adding as little water as possible to prevent burning. Do not boil. Put through food mill or strainer. Discard skins and seeds. Pour purée into freezable containers or gallon plastic bags. Label, date, and freeze. Keeps i freezer for 6 to 8 months.

**GRAPE SAUCE**

3 teaspoons sunflower oil; 1/2 onion, diced  
2 cups grape purée; 1 cup Port or red wine  
1 cup chicken broth  
2 tablespoons unsalted sunflower seeds (toasted and chopped)  
Add just 1 teaspoon of oil to pan and heat over medium heat. Stir in onion and cook until just starting to brown, 5 minutes.' Add purée and cook until warm stirring frequently. Sprinkle with 2 tablespoons seeds to thicken and continue to cook for 3 minutes more. Add port or wine and the broth and bring to a boil, stirring constantly.  
Reduce heat to a simmer and cook until sauce is reduced slightly or to desired thickness, 10 to 15 minutes.

## The Gardeners' Club

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

Dues are \$12 per calendar year. Make check to "The Gardeners' Club" and mail to P.O. Box 3025., Ben Lomond, CA 95005. Meetings are held at 7:00 p.m. on the 2nd Thursday of each month at the Aptos Grange Hall, 2555 Mar Vista Dr., Aptos.

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