# The Gardeners' Club

Santa Cruz County, California

August 2014

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## Colleen Goff - Adding Natives & Drought-Tolerant Plants to Your Garden

Colleen started Elkhorn Gardens in Royal Oaks 20 years ago. It is one of the top 5 dahlia farms in the United States, shipping dahlia roots all over the world. She and her husband Jim grow 800 varieties and she has created 250 crossbreeds of her own with more coming. In addition to her dahlia farm, Colleen has been working on creating a 5 acre botanical garden/private park. The Goffs have 3 1/2 acres of gardens with a large collection of hydrangeas and at least 1000 other species of flowering perennials. They are a certified native butterfly habitat.\* They just purchased 5 more acres of a native forest which will take several years to actually get it available for visitors to enjoy.

Colleen is on the Santa Clara County Camellia Society Board and belongs to numerous garden and plant societies throughout Northern California. She give lectures to clubs, groups and societies all over California. How does she do it all? Every harvest time she does all of the dahlia tuber

harvest time she does all of the dahlia tuber cuttings, processing 7000 clumps a year—hard work!

As knowledgeable as she is about dahlias and other showy flowers, Colleen also knows a lot about drought and native plants. At our meeting, she is going to talk about plants that are extremely hardy (over-winterers), plants that reseed and plants that spread. She'll be using design considerations and butterfly plant consciousness as part of her talk. And she is going to bring plants.

The Goffs even do plant rescue. Colleen says, "If you have plants you'd like to get rid of, or need dug up



and removed, or know of a property being demolished with quality plant material, we rescue plants with great success. We rescue small trees [ 20 feet] , bushes, perennials, bulbs, cannas, daylilies, roses, shade plants, etc. We even like invasive, spreading plants! We do the dig for you....(email: elkhorng@earthlink.net)."

During summers, Colleen shares another of her passions: music. The display gardens are open for concerts. The concerts are all acoustic, with the music ranging from French

standards to alternative country. People are invited to come out and enjoy the gardens before the music begins, and can also bring a picnic lunch if they like, or buy food and beverages at a snack bar .Visitors can also buy items from a small gift shop, like flower-scented soaps and garden art, as well as cut flowers

and plants. This is the time when the Goffs share the beauty of their gardens with others, while the dahlias are at their peak bloom. To learn more, see the next page, or go to www.thegardensong.com.

Here's the website for the Dahlia farmwww.elkhorngarden. When you visit it, check out their daylily section—over 250 kinds—

wow!

We look forward to hearing Colleen, and perhaps, in addition to sharing her diverse expertise, she'll share with us how she maintains her incredible energy!

\*Learn more about certified native butterfly habitats on the next page.

Thursday, August 14th
7:00 pm
Aptos Grange
2555 Mar Vista Drive



# The Garden Song at Elkhorn Gardens

Our 6th Annual Summer Butterfly Concert series will begin July 6th and continue through the end of September. Bring lunch and roam the gardens to our acoustic concerts. \$15.00 admission. Open Sundays only - Noon to 5 pm. Concert starts at 1 pm. Purchase tickets at gate or online (<a href="https://www.thegardensong.com">www.thegardensong.com</a>).

Five acres of private gardens to stroll through with a large collection of rare hybrids! Dahlias are in bloom from August through the end of September. Beverage and snacks are available; there is a small gift shop; and there are cut flowers for purchase when in season.

Location: 14581 Tumbleweed Lane, Watsonville (Elkhorn Slough, 3 miles inland from Moss Landing & slightly North.) (Phone & Fax: 831-763-9251; Email: elkhorng@gmail.com)

Directions from Santa Cruz: Takes 40 minutes. Take Hwy 1 south until you get to the smoke stacks in Moss Landing. Turn left there which is Dolan Rd. After 3 miles, Dolan turns into Castroville Blvd. Keep going straight about a 1/4 of a mile. Turn left on Elkhorn Rd. Drive about 3 1/2 miles until you see water on both sides of the road. Pass Strawberry Road and turn left on hidden Valley RD. to the right. Go about 3/4 of a mile; turn at Tumbleweed Lane to the right. That is where many animals are on the corner with white fencing.

Go to the first set of mail boxes on the left and turn left there. Go to the top of the hill and into the black gate entrance. someone is usually there to help guide you to park. Call 831-763-2480 if lost.

We have a blend of French Country, English and Native California Oak Forest Landscaping, 3 miles inland from the ocean with a slight breeze



The North American Butterfly Association (NABA) has a Butterfly Garden and Habitat program which certifies gardens which have the features that support butterflies. Planning and taking care of a garden is a lot of work! So why would a person want to take the time out of an already busy garden life to fill in a form and certify their butterfly garden?

Certifying your butterfly garden not only demonstrates your commitment to native butterflies but also lets others knows of your decision to improve habitat for both people and butterflies. Placing a certification sign in your house or garden helps to spread the word about your concern for butterflies and multiplies your efforts by encouraging other people to do something similar. The more people who replace nonnative lawns with butterfly and pollinator habitats, the better for our communities as well as butterflies. Every single butterfly garden certification helps demonstrate this fact. There is no reason why we can't share the space humans use with all important pollinators. By putting up a sign, you are letting others know that it is important to you and it helps to start a conversation that can result in more gardens and less lawns. (Note: Eliminating your lawn is not a requirement for butterfly certification!)

So what ARE the requirements?

1. At least three different native caterpillar food plants must be grown, preferably more than one plant of each selected species. 2. At least three different native butterfly nectar sources must be grown, preferably more than one plant of each selected species. 3. The use of pesticides is discouraged. Pesticides can kill butterflies as well as other important pollinators.

Of course you probably do much more than this to encourage butterflies and other pollinators in your garden. Go to NABA's web site to learn more—lots of resources at <a href="http://nababutterfly.com/">http://nababutterfly.com/</a>. If you become a member, you'll receive

Butterfly Gardener magazine, published four times a year exclusively for members of the North American Butterfly Association.



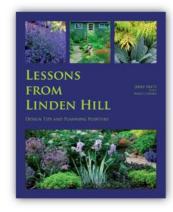


Plantiful: Start Small, Grow Big with 150 Plants That Spread, Self-Sow, and Overwinter by Kristin Green

"Plantiful" - what a great word! It describes The Gardeners' Club monthly plant table, and many of our members' rambunctious gardens.

Whoever coined the phrase "money doesn't grow on trees" must not have been a resourceful gardener. While we may not be able to harvest physical money, with the right plants and techniques gardeners can rely on nature to give itself away for free. This book shows you how to have an easy, gorgeous garden packed with plants by simply making the right choices. Green highlights plants that help a garden quickly grow by self-sowing and spreading and teaches you how to expand the garden and extend the life of a plant by overwintering. The book features plant profiles for 50 self-sowers (including columbine, milkweed, and foxglove), 50 spreaders (such as clematis, snow poppy, and spearmint), and 50 plants that overwinter (including lemon verbena, begonia, and Chinese hibiscus). Additional gardening tips, design ideas, and inspirational photos will motivate and inspire gardeners of all levels. Discover and perfect the art of editing, share the wealth, and learn for yourself that gardeners don't have to dig deep to grow

a lively, plentiful, and colorful garden year-round.



Okay, here's the second new gardening word for us to learn this month— "blurple". Those of you who crave bluepurple plants in your garden need no other definition. This book is absolutely unique—a combination of stories, ideas, tips, inspirations. This book is the story of a garden. Chapter by chapter it takes you through projects and garden areas that were created and evolved at Linden Hills gardens.

For instance, those of us who are creating mounds in our gardens will be interested in the chapter called "Mount Linden", which not only tells the story of how a mound was planned, but finishes with the possibilities for actually playing on a mound! But here's part of a review by Joe Lehner on Amazon that sums up this book better than I can:

"I first met Jerry Fritz some seven years ago at the Philadelphia Flower Show. He had a small display garden with a Spring theme that caught my attention and drew me over for a closer look. It was planted chock-full of both more common plants, such as Cornelian Cherry (cornus mas), as well as "cutting edge" plants, like a lenten rose, 'Ivory Prince,' I had never seen

before. And it had a enough of the 'blurple' (Jerry's term for blue-purple flowers) 'Walker's Low' catmints to make the garden sing. I came to understand that these attributes, the ordinary, the unusual and the wow factor, all staged to present a distinct and eye catching overall theme were characteristic of Jerry's gardening style.

Jerry's personality is outgoing. He wasn't content to stand off in the background while people filed by his display. He engaged people in conversation about the garden, fielded questions, poured forth encyclopedic knowledge of garden design and the plants he used. Everything I experienced those fifteen minutes at Jerry's display at the flower show, anyone who reads the book can experience for themselves --in spades. Engaging plant portraits, design features, practical information ...[This is] the step by step, year by year account of the creation of a spectacular garden. Even the various buildings get the special attention they need to play their part in the overall scheme.

Buy this book and you will be inspired to work magic in your own garden. Lessons From Linden Hill is not a book to look through once and put aside. Gardeners will find themselves returning to the book again and again. Those lucky enough to live within driving distance of Linden Hill may return again and again for inspiration and visual delight. Like all gardens, it is never finished. But those who cannot experience the garden first hand, can experience it through the book with its beautiful photography and Jerry's text, making suggestions, answering your questions, encouraging you to plant boldly and create your own slice of paradise. "



Those of us who are "mature" gardeners look for ways to pass the torch, the burning passion for gardening, on to the generations that follow us. as a tool to inspire a younger gardener. Whether it's on a

community garden, this busy, mostly urban cohort now have a fun, non-intimidating introduction to the basics of gardening. These are the folks who want to know where their food comes from, and know the importance of good health and the environment. They may not have a lot of free time or change in Here's a book that you might use their pockets, but if they could find a no-fuss Gardening 101 that spoke their language and gave achievable goals, they'd go for it. This is that book: high graphic appeal, fully illustrated, condo deck, in a backyard or in a step-by-step projects and essential tips. (By Dee Nash)



# Zucchini Chips Four Ways

Ingredients: Cooking spray; 2 medium zucchini (about 1 pound); 1 tablespoon olive oil; 1/4 cup freshly grated Parmesan (3/4-ounce); 1/4 cup plain dry bread crumbs; 1/2 teaspoon salt; freshly ground black pepper

Directions: Preheat oven to 450 degrees F (or 350-400 if your oven runs hot). Coat a baking sheet with cooking spray. Slice the zucchini into 1/8-inch thick rounds. In a medium bowl, toss the zucchini with the oil. In a small bowl, combine the Parmesan, bread crumbs, salt, and a few turns of pepper. Dip each round into the Parmesan mixture, coating it evenly on both sides, pressing the coating on to stick, and place in a single layer on the prepared baking sheet. Bake the zucchini rounds until browned and crisp, 25 to 30 minutes (longer if at a lower temp). Remove with spatula. Serve immediately.

#### **Variations**

Salt & Vinegar - Soaked in vinegar for one hour, sprinkled with salt

Chipotle - Added chipotle powder

Curry - Add curry powder - leave out parmesan

—Original recipe from The Food Network

## Zucchini Tomato Gratin

1 tbsp. extra-virgin olive oil

2 cloves garlic, minced

2 tbsp. finely chopped onion

2 fresh basil leaves, chopped

1/2 cup white rice

2 zucchini, sliced 1/4 inch thick

4 medium tomatoes, sliced 1/2 inch thick

1 cup boiling water

Salt and freshly ground black pepper

1/2 cup grated Asiago cheese



Preheat the oven to 375 degrees F. Put the oil in an 8-inch square baking dish and spread to coat the bottom. Sprinkle the garlic, onion and basil over the oil. Spread the rice over the top. Layer the zucchini and tomato slices over the rice, and pour the boiling water over the top. Season with salt and pepper. Bake for 20 minutes. Sprinkle the cheese over the top and bake for another 10 to 15 minutes, or until the cheese is golden brown and the vegetables and rice are cooked. Serves 4. Per serving: 198 calories, 8 g fat, 7 g protein, 26 g carbohydrates, 2 g fiber, 50 mg sodium

—From <u>The Cancer Wellness Cookbook: Smart Nutrition and</u>
<u>Delicious Recipes for People Living with Cancer</u> by Kimberly
Mathai

### New Column: "Over the Fence"



when we'd learn from other

gardeners "over the fence" rather than Googling? This newsletter issue will have a new monthly feature, the "Over The Fence" column. Share with us! Do you have a success to brag about? A gardening factoid or suggestion? A story? Something you want to brag about that was a success this year? Something you learned? A photo of something glorious or funny or poignant in your garden? Just click below to email your editor, who is eager to hear how your garden is going.

I'll start off the column this month with a story from my garden. A few weeks ago I started weeding my meadow. Yes, I know, you shouldn't have to weed your meadow, but mine is really more of a lawn-that-is-nolonger quite a lawn, and the carex and no-mow grass are out of control, as are the various "volunteers" who have taken advantage of my neglect. So, I was weeding my meadow, and I made an exciting discovery. A small peach tree, with 4 perfect fruit! A few years ago I apparently bought a "pee wee" extra dwarf peach tree, which is now almost a two feet high. It had been completely covered by grass and weeds. What an exciting discovery! And I feel so rewarded for my weeding. Weed, and who knows what YOU will find.



Gardeners love to learn from other gardeners. Lean "over the fence" and share with us. Drop us an email-click here!

lisebixler@sbcglobal.net







The Monterey Bay Iris Society is having its annual iris rhizome sale at the **Aptos Farmers Market** on August 9, 8 a.m. – noon. This is your chance to get beautiful, healthy iris rhizomes from the gardens and private collections of members of the Monterey Bay Iris Society. The sale is renowned for its exceptional selection of tall bearded iris. There will also be an excellent selection of re-blooming iris and historic iris. Expert iris growers will be on hand to help customers with selection and will offer free handouts about how to grow iris.

#### Divide Your Iris

Bearded iris need dividing every three or so years, and the end of August is a good time to do it. Dig up the rhizomes, separate them, save the healthy ones, trim the leaves and roots so they are about six inches long and replant (4-12 inches apart). You don't necessarily need fertilizer, but you can add bone meal or superphosphate to the planting hole.



SOWING THE SEEDS



"DEVELOP A PASSION...IF YOU DO. YOU WILL NEVER CEASE TO GROW

hints on iris growing. If you really want to feed

Go to the blog "Sowing the Seeds", the source of the photo above, for more

your iris

lust, and drool over some exquisite photos, go to The American Iris Society Facebook page (www.facebook.com/theamericanirissociety). When you finish dividing your irises, you can go to their website and play iris jig saw puzzles, easy to "challenging" (http://www.irises.org/).



### Your Own Salad Bar in A Drawer

Harvest your lettuce; wash it clean in your sink. Dry it well with a salad spinner or towels. Line the bottom of a crisper drawer with a cloth towel and fill 'er up with lettuce. Cover with damp paper towels, and your lettuce will last a week.—From The Clever Carrot (www.theclevercarrot.com/2014/06/how-to-store-salad-in-the-fridge/)





Territorial Seeds says, "Peas nourish our bodies with phytonutrients and, surprisingly, with omega-3 fatty acids. A hard-working crop, they improve the soil, fixing nitrogen that will feed future crops."

There are three main types of peas: shelling peas, snow

peas (sugar peas) and snap peas. Planting peas now will result in a fall crop, or an overwintering one which will flower in spring. Look for varieties that are resistant to powdery mildew, such as 'Oregon Sugar Pod II".

Snap peas are the most productive of all the types of peas. They bear thick, crisp, edible pods like those of a snap bean. Especially easy to grow in cool season are snap peas have edible pods that remain tender and sweet as the pods fatten

up. High in vitamin C and niacin, they are most nutritious when fresh and briefly cooked. Actually, they are at their very best when you eat them right off the vine—some of us eat our crops in the garden and the harvest never makes it to the kitchen. Varieties like the pole 'Snappy' and the bush 'Bush Snapper', 'Sugar Bon' and 'Sweet Snap" are resistant to powdery mildew.

Pea leaves and tendrils are edible, too, and are wonderful to add to a stir fry or salad.

Plant peas 1-2" deep and 2" apart in well-drained soil high in organic matter. You can also sow seeds of chard, lettuce, radishes and carrots at this time.

Check out the pea varieties at Territorial Seeds (<a href="https://www.territorialseeds.com">www.territorialseeds.com</a>).

The Mother Earth
Living YouTube channel is a
go-to source for videos
about all things healthy
living. This video on
preserving herbs is clear,
simple and helpful. Drying
herbs is one of the best



jumping-off points for preserving our own food. Herbs are incredibly easy to grow—and tend to grow in abundance! Also, because herbs contain so little moisture, the preservation job is pretty much done soon after they're harvested. What's more, dried herbs make delicious homemade seasonings and teas at very little cost. Learn a few simple methods for drying and preserving some of the fresh herbs growing in your garden then try them out in your home. You'll be glad to have fresh flavor preserved for the colder months ahead.

Read more: <a href="http://www.motherearthliving.com/food-and-recipes/food-preservation/preserving-and-drying-herbs-zv0z1312zdeb.aspx#ixzz37jqVuVTN">http://www.motherearthliving.com/food-and-recipes/food-preservation/preserving-and-drying-herbs-zv0z1312zdeb.aspx#ixzz37jqVuVTN</a>

Tips for Rehabbing Succulent



The Garden Foreplay blog ("tempting ideas from Avant Gardens") is always full of timely information. Go to <a href="http://gardenforeplay.avantgardensne.com/?p=4329">http://gardenforeplay.avantgardensne.com/?p=4329</a> for advice on giving your succulent planters makeovers. You are encouraged to cut back your succulents ruthlessly to avoid the leggy, straggly look. Any pinchings or cuttings can be stuck back in the planter, or nurtured in some moist medium elsewhere, to be rooted for more plants. Plants that have grown overly enthusiastically can be lifted, and divided. Put some back into your container, and use the rest to fill in gaps in other containers or in your succulent landscaping. Fish emulsion is recommended as a fertilizer.

#### Free talk at Mountain Feed



# Help Out With The Drought

10am-noon—Saturday, August 9th Sponsored by the San Lorenzo Valley Water District

Topics to be discussed:

Lose your lawn; putting the right plant in the right place (size); how to create healthy soils via mulching; drought tolerant plants; drip irrigation; managing storm water onsite; time permitting, basic design principles and plant selection.

Talk will be given by Nicole W. Douglas, Ecology Action, Outreach Specialist. Nicole is a landscape designer focusing on water-wise plants and an overall ecological approach currently heading up the "Help out with the drought" campaign which is a combined effort of Ecology Action and 4 water districts aimed at educating the public on how to conserve water in the landscape. RSVP is required by calling (831) 336-8876 or by e-mailing events@mountainfeed.com. (Mountain Feed & Farm Supply, 9550 State Rte. 9, Ben Lomond)

# Fall Gardening Workshop: Transplanting and Direct Seeding for Fall and Winter Crops



August 23, 9:30 am - 12:30 pm

Plan your fall/winter garden and grow vegetables and flowers year round! In this workshop, Orin Martin and Sky DeMuro of UCSC's Alan Chadwick Garden will teach participants about crops that grow well in fall and over the winter in the Monterey Bay region. They will

cover sowing seeds and raising seedlings indoors and will also teach what crops to sow directly in garden beds and which to transplant as young seedlings. Be prepared to get your hands dirty as you practice these skills. Participants will go home with a six-pack of vegetables or flowers that they've sown. Snacks, coffee, and tea provided. Feel free to bring a bag lunch and enjoy the garden following the workshop.

Cost of the workshop is \$30 general admission (pre-registered) or \$40 (at the door); \$20 for Friends of the Farm & Garden members (pre-registered) or \$30 (at the door); \$15 for UCSC students and limited-income (pre-registered) or \$20 (at the door).

If you prefer to pre-register for this class by mail (no service charge), please send a check made payable to UC Regents to: Amy Bolton, CASFS, 1156 High Street, Santa Cruz, CA 95064 (Attn: Workshop). Please include your contact information (phone and email) with your check. A map to the Chadiwick Garden is found here:

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### "A Force for Good"

Our August Board meeting is coming up, and we plan on continuing our discussion about redefining The Gardener's Club's mission and priorities, and how we can improve the flow between members and the Board . We want to know your ideas, preferences, suggestions and needs. We encourage any of you who have an interest in discussing this process to join us at this meeting, which will be at the home and garden of Joanna Hall. Joanna's just finished gussying up her garden for her daughter's wedding, so it should be a treat visiting it!

We have a really special gardening club, with an incredibly hard-working and dedicated Board. I've been pondering quite a bit lately about where we are at as a group—how we make decisions, what our role is in the community, how to balance the simple joys of being with other gardeners and expanding our plant collections and knowledge with the giving-back-to-the-community function. Recently I went to the website of National Garden Clubs, Inc., whose membership consists of 6,539 garden clubs—all diverse in their interests and backgrounds. I found it useful to read their document "A Force for Good" (www.gardenclub.org/resources/ngc-a-force-

for-good.pdf), in which they articulate the strengths these clubs have in common, and the goals of this umbrella organization. Some of the strengths they describe are: love of gardening; interest in our community; concern for the environment; desire to preserve, conserve and enhance natural resources; belief that today's youth, with guidance and encouragement, will become the tomorrow's protectors of the environment. The objectives

established by the founders of NGC have been retained, and they say "as with any alive, ongoing organization in a changing world, new concepts are constantly being put forth as objectives broaden".

Food for thought, isn't it? What is important to YOU as a member of our club? What do you think our priorities should be? What do you think our role in the community should be? What do you want our club to be?

Board Meeting
August 25th, 6 p.m.
2200 Cox Rd Aptos Ca 95003



"The 2014 Santa Cruz Edible Gardens Tour is fast approaching! This year we are proud to host home and public vegetable gardens of all styles. From wild to elegant there will be fresh inspiration for everyone. Tour participants will find a unique experience at each residence.

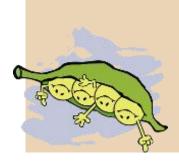
This is a chance to see what your neighbors are up to and share your own garden tips.

Tickets are \$10 and will be available for purchase through Brown Paper Tickets (<a href="http://www.brownpapertickets.com/">http://www.brownpapertickets.com/</a>) soon.

Please contact ediblegardenstour@slowfoodsantacruz.com if you have any questions or are interested in volunteering!"



Michael Pollan's second edition of Food Rules was expanded with a new introduction and 19 new rules, and enhanced by adding illustrations by artist Maira Kalman. The art is simply magical.



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

Printed on 100% recycled paper www.thegardenersclub.org



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3rd position - vacant

Plant Table

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The Gardeners' Club