

The Gardeners' Club

Santa Cruz County, California

January 2016

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How Do We Practice Sustainable Gardening?

To sustain means to keep going or continue, and sustainable is the ability to carry on an activity indefinitely with minimal impact on the environment. Sustainable landscape practices are gardening practices that not only save money by saving energy, water, and time; they help the environment.

Gardening practices are only one of many issues affecting the sustainability of human activities, but they are practices that most people can implement immediately, and enormous benefits can be gained by a large fraction of households engaging in sustainable gardening. Using sustainable gardening practices can increase our understanding of the broader effects of all our activities on the environment as a whole.

Today, California horticulture is in transition. Gardeners are becoming more interested in the use of native plants, organic

fertilizers, and natural ways of combating pests. Taken together, the term "sustainable horticulture" is being used to describe horticultural practices that are least likely to adversely impact the environment. Gardeners are looking

for ways to improve their soil and use less water so they can effectively grow the plants they love.

The UC Master Gardeners of Monterey Bay (<http://mbmg.ucanr.edu/>) was formed in 1995 to provide home gardening education in Santa Cruz, Monterey, and San Benito counties. Their mission is to extend research based knowledge and information on home horticulture, pest management, and sustainable landscape practices to the residents of California and be guided by our core values and strategic initiatives. We are very fortunate to have as our guest speaker in January Master Gardener Pam



Arnsberger. Pam will give a Powerpoint presentation on creating a sustainable garden, followed by a discussion. We welcome Pam and will learn much from her expertise.

Remember to bring plants for the plant table—we will again have special plants chosen by Board members to give away, as extra incentive to increase our plant selection.

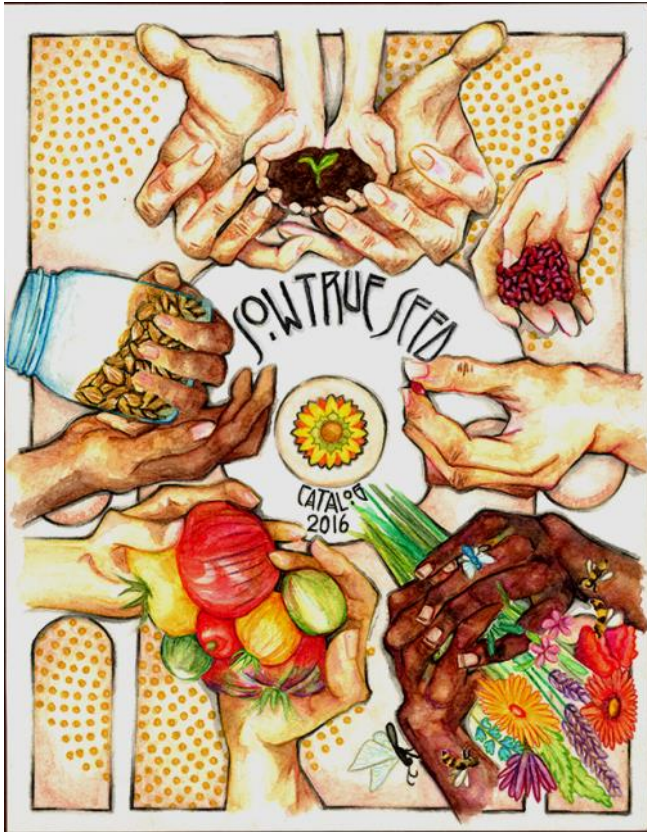
"Everything that slows us down and forces patience, everything that sets us back into the slow circles of nature, is a help. Gardening is an instrument of grace."

-May Sarton



Thursday, January 14th
7:00 pm—Aptos Grange
2555 Mar Vista Dr., Aptos

Planting seeds in Winter and cold stratification



*“Be like Mother Nature—she is a masterful teacher. So much of what we try to create in our gardens are just shadows of what she does perfectly herself. When we plant in mid-winter, we are taking advantage of the cold and wet conditions to help break down seeds for us, for easy germination come spring. This process is called **cold stratification**.”*

The seed company Sow True Seeds has a great web site with a blog and many informative articles, like a recent one on planting seeds in the winter (<http://sowtrueseed.com/articles/planting-seeds-in-winter-and-cold-stratification/>).

When choosing seed for winter planting, look for terms like “self-sowing”, “direct sow outside in early spring (or) fall”, “perennial”, “cold hardy”, or “cold stratification”. Keywords like these are good indicators of seeds that will work well for winter sowing. Generally speaking, perennial seeds, cold weather vegetables and hardy annuals are great options for winter sowing.

The best way to sow seeds in the winter is the easiest. The first is just direct sowing in the ground right where you want them to be. Just clear the soil and scratch the seed in where you want your plants to be, and spread a half inch or more of straw on top. (You’ll probably want to write down the place

where and the date you planted, and/or place a plant marker in the soil where you planted.

Another way is similar, but more controlled, which makes it a great option for seeds that are expensive, rare, or otherwise special to you. In this case sow your seeds in pots, which will allow you to maintain more control over the seeds and their environment, and if needed you can baby them through their infancy until they are strong enough to transfer into your gardens. If planting in pots, keep the pots on the ground, and if possible in a sheltered location for protection. And don’t forget to water—if you let your seeds dry out too much, you will not get good germination.

Here is a list of seeds to try for winter stratification:

Vegetables

Arugula, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrot, Cauliflower, Collards, Endive, Kale, Kohlrabi, Leeks, Lettuce, Mache, Mustard, Pak Choi, Radicchio, Radish, Rutabaga, Salsify, Spinach, Swiss Chard, Turnip.

Herbs

Anise, Anise Hyssop, Borage, Burdock, Catnip, Chamomile, Chervil, Chives, Cilantro, Clary Sage, Dill, Feverfew, Hyssop, Lavender, Lemon Balm, Lovage, Marjoram, Mullein, Nettle, Oregano, Parsley, Pennyroyal, Sage, Scullcap, Sorrel, St. John’s Wort, Tansy, Thyme, Spilanthes, Valerian, Yarrow.

Flowers

Bachelor Button, Bee Balm, Black Eyed Susan, Columbine, Coreopsis, Cosmos, Daisy (all varieties), Dianthus, Echinacea, Flower Mixes, Forget-me-not, Gaillardia, Lupine, Marigold (all varieties), Milkweed (all varieties), Money Plant, Morning Glory, Nemophila, Nigella, Poppy (all varieties), Snapdragon, Sochan, Viola, Zinnia.

Look at the beautiful artwork by Emily T. Herzog on the Sow True Seeds 2016 catalog! You can order your own by going to their website. or by calling Sow True Seed provides open-pollinated, heirloom and organic vegetable, herb, and flower seeds to enthusiastic home gardeners and small market farmers. The company is based in the glorious mountains of Southern Appalachia – home to a temperate rain forest and one of the most biologically diverse areas of North America.

For more ideas on growing seeds outdoors in the winter, see the article on winter sowing on the next page.

Winter Sowing

A Guide to Winter Sowing



Why wait until spring when you can start your garden today?

104homestead.com



The idea behind winter sowing is that you sow the seeds outdoors in miniature greenhouses during the winter, allowing them to germinate naturally during the spring. By miniature greenhouses, we mean upcycled clear plastic food containers, milk jugs, soda bottles, Styrofoam cups or other plastic containers. An added bonus to winter sowing over traditional methods is that there is no period of hardening off needed. A good introductory article is at <http://104homestead.com/winter-sow/>, where you can find detailed directions on using milk jugs. Basically, you slice one in half; make 3-4 drainage holes in the bottom and a few up the sides, cut in half, hinge it with duct tape, and plant.

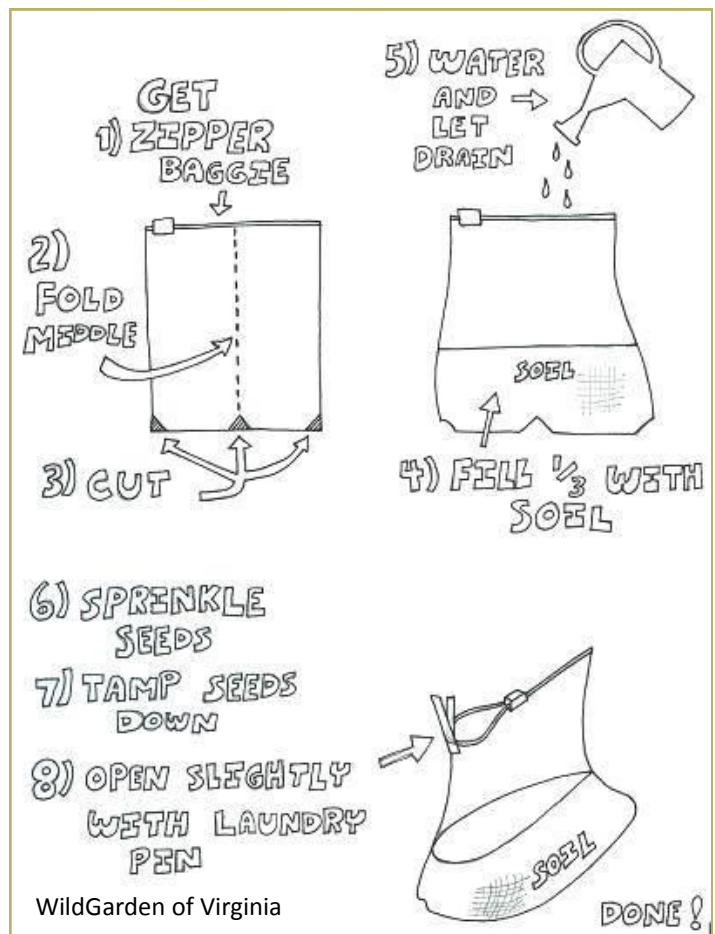
The absolute best resource for learning about winter sowing is the website created by the woman who first introduced us to winter sowing, Trudi Davidoff. Thought you could ease up on your gardening time this winter? Trudi says you can winter sow DAILY in January. Go here for ALL of the basics:

There is also a WinterSown forum at <http://faq.gardenweb.com/forums/winter-sowing-faq>. And it you

are a Pinterest addict like me, spend your non-gardening hours being overwhelmingly inspired at https://www.pinterest.com/search/pins/?q=winter+sowing&term_meta%5B%5D=sowing%7Ctyped.



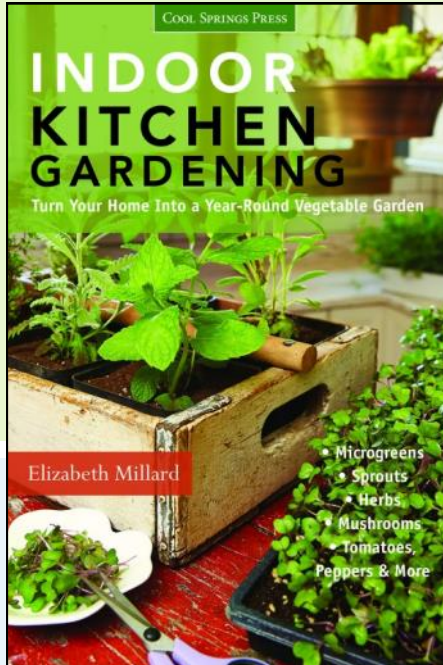
Below is a tutorial for using plastic zipper baggies to winter sow.





But I Don't
Wanna Go
Outside-It's
Too Cold!

Well, then. Try some indoor gardening.



how to grow
sunflower microgreens
in two weeks



open, but remove the lid a few times each day to refresh the air inside. The micro greens are ready to harvest when the seedlings push up the soil, lose their shells, and grow two fat seed leaves. Snip them at the base to harvest. —From Garden Therapy, <http://gardentherapy.ca/sunflower-microgreens/>.

It takes just a few dollars and a few days for you to start enjoying fresh, healthy produce grown indoors in your own home. Imagine serving a home-cooked meal highlighted with beet, arugula, and broccoli microgreens grown right in your kitchen, accompanied by sautéed winecap mushrooms grown in a box of sawdust in your basement. If you have never tasted microgreens, all you really need to do is envision all the flavor of an entire vegetable plant concentrated into a single tantalizing seedling. If you respond to the notion of nourishing your guests with amazing, fresh, organic produce that you've grown in your own house, condo, apartment, basement, or sunny downtown office, then you'll love exploring the expansive new world of growing and eating that can be

Sunflower micro greens are deliciously nutty with the flavour of raw sunflower seeds but with the texture of spinach. They are easy to grow in just about any container you can find around the house like clear plastic salad mix boxes. Use organic black oil sunflower seeds specifically labeled for sprouting , or unshelled raw striped sunflower seeds sold as snack foods. Use a sterilized seeding mix, light and clean. Add about an inch of clean, indoor soil to the bottom tray, and spread sunflower seeds over the top. Generously cover the soil with seeds not letting any of them overlap. Cover the seeds with just enough soil to hold moisture and put in a warm place out of direct sunlight. Water the soil and keep it moist but not soggy. You will want to keep some humidity in while the seeds are breaking

discovered with the help of *Indoor Kitchen Gardening*. Inside, author and Bossy Acres CSA co-owner **Elizabeth Millard** teaches you how to grow microgreens, sprouts, herbs, mushrooms, tomatoes, peppers, and more-- all *inside* your own home, where you won't have to worry about seasonal changes or weather conditions. Filled with mouthwatering photography and more than 200 pages of Do-It-Yourself in-home gardening information and projects, this book is your gateway to this exciting new growing method--not just for garnishes or relishes, but wholesome, nutritious, organic edibles that will satisfy your appetite as much as your palate **As featured in the New York Times and named to "Best Garden Books of 2014" by the Chicago Tribune**

Childrens' Book



The Little Gardener by Emily Hughes

There was once a little gardener and his garden means everything to him. It gives him joy, shelter and food. He works hard, very hard, but he was just too little (or at least he feels he is). It becomes too much for him to handle alone, and he risks losing it all.

In this beautifully gentle and magical tale, layered with meaning, Hughes's

spare prose and gorgeous art tells the story of the gardener and the one flower that brings him inspiration and hope. It is a tale to linger over, teaching just how important it is to persist and try, no matter what the odds. With ever delicately woven tapestries of illustrated magic, Hughes brings us to a world not unlike our own, but still brimming with fantasy and wonder. Ages 3-7

Time to prune rose, fruit trees, berries and grapes. If you've had disease or insect problems with trees or shrubs, this is also the time to spray, if you are going to do so. Dormant sprays usually consist of a fungicide (fixed copper) and an insecticide (horticultural grade oil, Volck oil or dormant oil). The copper spray mixture kills over-wintering fungal organisms such as peach leaf curl, powdery mildew, rust, black spot, brown rot, scab and anthracnose. The horticultural oil kills over-wintering insects such as mites, aphids, scale and their eggs; it works by smothering the pests. Oil also acts as an adhesive (spreader-sticker), to enable the fungicide to adhere to the plants. If you missed Member Sharon Hull's absolutely excellent and informative Santa Cruz Sentinel article on dormant spraying, waste no time going to <http://www.santacruzsentinel.com/lifestyle/20151210/this-week-in-the-garden-spray-now-for-healthy-plants> to read it. Timing of spraying is important.



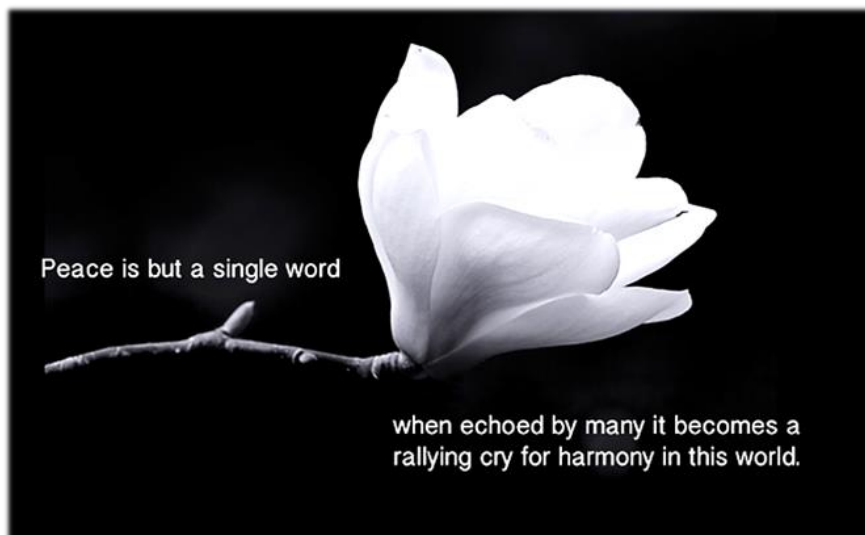
Monterey Bay Rose Society

<http://www.montereybayrosesociety.org/>

Jan 2016	January 9 & 10, 2016, Saturday & Sunday • Rose Pruning Classes • 10 a.m. to 12 noon • Santa Cruz County Fair Grounds • 2601 E. Lake Ave, Watsonville, CA 95076 • Display Rose Garden. Enter through the Horse Show gate. The class/talk on how to prune and care for your roses and includes, if you wish to participate, a hands-on experience. Bring your pruners, gloves and appropriate clothing.
Jan 2016	January 16, 2016, Saturday • Rose Pruning Classes • 10 a.m. to 12 noon • Alladin Nursery • 2905 Freedom Blvd, Watsonville, CA 95076
Jan 2016	January 23, 2016, Saturday • Rose Pruning Classes • 10 a.m. to 12 noon • San Lorenzo Garden Center • 235 River St, Santa Cruz, CA 95060

In an unprecedented collaboration, dozens of conservation and gardening organizations have joined together to form the National Pollinator Garden Network and launch a new nationwide campaign – the Million Pollinator Garden Challenge. The National Pollinator Garden Network collectively represents nearly one million active gardeners and 15,000 school gardens. The Network is challenging the nation to reach the goal of one million additional pollinator gardens by the end of 2016. The Network will work to provide resources for individuals, community groups, government agencies and the garden industry to create more pollinator habitat through sustainable gardening practices and conservation efforts. Designed to accelerate growing efforts across America, the Network is launching the Challenge in support of the President's call to action to reverse the decline of pollinating insects, such as honey bees and native bees, as well as monarch butterflies. The Network is

rallying hundreds of thousands of gardeners, horticultural professionals, schools, and volunteers to help reach a million pollinator gardens over the next two years. Pollinator gardens provide one way to reverse that decline by offering food, water, cover and places to raise young for honey bees, native bees, butterflies, hummingbirds and other pollinators. Any individual can contribute by planting for pollinators and joining this effort to provide a million pollinator gardens across the United States. Every habitat of every size counts, from window boxes and garden plots to farm borders, golf courses, school gardens, corporate and university campuses. Everywhere we live, work, play and worship can, with small improvements, offer essential food and shelter for pollinators. For more information, go to <http://pollinators.wpengine.com/>.





Board Meeting Plus Super Potluck

The next meeting of our Board will be an outstanding potluck at the home of President Cherry Thompson, 3315 Putter Drive, Soquel. We know it will be "outstanding" because, like previous years, Chef Extraordinaire Joe Thompson (also our webmaster and Cherry's husband) will be cooking up something special for us. We invite all of you to join us on **January 25th** at 6 p.m. for a feast, conversations and a very brief discussion of Club activities and goals.

Note from Cherry: Many, many thanks to the hard working Board members who keep The Gardeners' Club running smoothly. Sim Gilbert has retired and we are grateful for her years of service. Allan Neymark will be joining us at the Plant Table, and we welcome him. We'll present the Board nominees for approval at the January general meeting. Thank you to the membership for their participation and their dues! The Holiday Potluck and White Elephant Silent Auction held December 10th was great fun, and raised over \$300.

Joe's Kale-Quinoa Muffins

Visitors are welcome at our Board meetings, and what treats we get to consume! We are not exaggerating about Joe Thompson's culinary prowess—here is his much-requested recipe for the muffins he made for the November Board meeting. Gluten-free, vegetarian and scrumptious—what more could you ask for?

Ingredients:

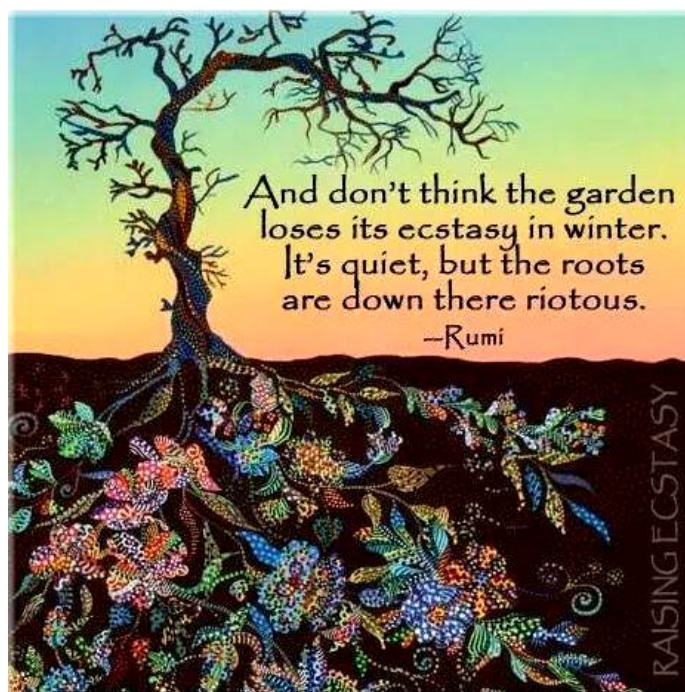
2 tablespoons extra-virgin olive oil, plus more for tins
3 1/2 cups low-sodium vegetable or chicken broth
2 cups quinoa, rinsed
2 tablespoons unsalted butter
12 ounces assorted mushrooms (such as cremini, shiitake and oyster), stems removed, sliced (about 5 cups)
Salt
1 large onion, chopped
1 jalapeno, seeded, minced
2 large ribs celery, chopped
6 small cloves garlic, minced
1/2 teaspoon freshly ground black pepper
7 ounces kale, ribs removed and leaves coarsely chopped
4 large eggs, lightly beaten
1 cup crumbled feta
1/4 cup chopped fresh parsley
1 1/2 teaspoons chopped fresh rosemary
1 tablespoon chopped fresh thyme
1/2 cup chopped pecans

Preparation:

1. Place racks in upper and lower thirds of oven; preheat to 375°F.

Coat 16 cups of two 12-cup nonstick muffin tins with oil.

2. In a pan, bring broth to a boil. Stir in quinoa, reduce heat, cover and simmer until liquid has absorbed, 12 to 15 minutes. Remove from heat; let stand, covered, for 5 minutes. Transfer to a large bowl.
3. In a large, deep skillet, melt butter with 1 Tbsp. oil over medium-high heat. Stir in half of mushrooms and 1/2 tsp. salt; sauté until golden, about 8 minutes. Transfer to bowl with quinoa. In same skillet, warm 1 tsp. oil. Sauté onion, celery, garlic, jalapeno, over medium heat until softened, about 8 minutes. Add kale by the handful and cook, stirring, until just wilted, about 5 minutes. Season with salt. Add to bowl; stir in eggs, cheese and herbs. Spoon into muffin tins, pressing in and mounding on top. Press in nuts.
4. Bake, switching pans on racks halfway through, until heated through, about 25 minutes. Let cool slightly. Remove from tins; serve.





SSSSSSSSolstice Fest at the Arboretum

11 am-3 pm, Saturday

January 23rd

Free with Admission to the Arboretum

Like the Arboretum's popular annual Hummingbird Days event, the **SSSSSSSSolstice Fest** is a family oriented event with music, stories, and hands on learning.

The session is designed to enable children (and adults) to explore the natural world and become more connected with the land, themselves, and each other.

This event will be led by the Reikes Center and will be held in sinnikmatak, which means The Place of the Children, at the Arboretum. The Center has held Nature Awareness events at the Arboretum since 2011. Located on the west side of the UCSC campus, the Arboretum is between the main campus entrance and the west entrance



Arboretum Appoints Director of Gardens and Grounds

Quigley brings to the new position a wealth of experience and a background in botany, horticulture, landscape architecture, and plant ecology

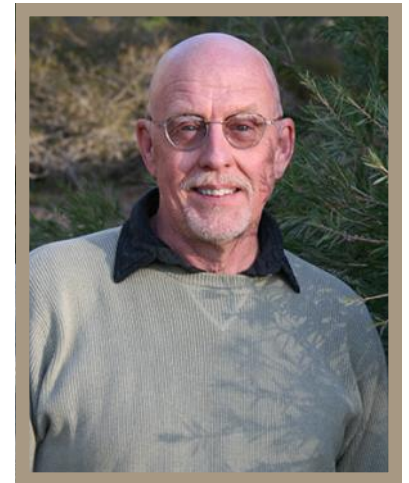
The UC Santa Cruz Arboretum has appointed botanist and landscape architect Martin Quigley to serve as director of gardens and grounds. Quigley, who joined the Arboretum staff November 2, was previously a professor of botany and director of the Chester M. Alter Arboretum at the University of Denver.

"Martin brings a perfect blend of expertise in horticulture, landscape architecture, and academia to this position, as well as a deep appreciation for our collections," said Jessica Fiske Bailey, executive director of the Arboretum. "We are excited to have him on board and welcome his energy, enthusiasm, and new ideas and perspectives."

Quigley got an early start in horticulture, working at a local nursery and landscape business from age 11 through high school. He earned a master's degree in landscape architecture and worked for a decade in landscape design and environmental consulting before returning to graduate school for a Ph.D. in plant community ecology. Prior to his position at the University of Denver, he was a professor of biology and director of campus landscape and natural resources at the University of Central Florida.

"The UC Santa Cruz Arboretum is nationally and internationally known, recognized by scientific and horticultural groups alike, because its collections are unique," Quigley said. "I'd like to raise the quality of the visitor experience to the level of other eminent display gardens, and I'd also like to increase research collaborations, both with UCSC faculty and with extramural and international researchers."

As director of gardens and grounds, Quigley's primary responsibility is to manage the plant collections and direct the operations of the gardens. He also oversees educational programming and the creative development of interpretive materials and exhibits in the Arboretum.



Home Grown: Fruit Tree, Cane Berry & Citrus Workshops

Learn about fruit tree and berry varieties that perform best in the Santa Cruz region, and how to plant and care for them to produce an abundant harvest from your own backyard.



Welcome to the 2016 series of fruit tree and gardening classes offered by the Friends of the UC Santa Cruz Farm & Garden.

Workshops are taught by Orin Martin, Sky DeMuro, and Christof Bernau of the UCSC Farm & Garden [casfs.ucsc.edu]; Matthew Sutton and Kim Mayer of Orchard Keepers [orchardkeepers.com]; and Daniel Paduano of Abounding Harvest Mountain Farm [aboundingharvest.com]

For information and to register for workshops in the series of 2016 fruit tree and gardening classes, including pruning and general fruit tree care, call (831) 459-3240, email casfs@ucsc.edu, or see the Brown Paper Tickets site at <http://tinyurl.com/workshops2016>. Workshops are co-sponsored by the UCSC Center for Agroecology & Sustainable Food Systems.

January 9, 10am - 12 pm

Free Fruit Tree Q&A

SAN LORENZO GARDEN CENTER
235 RIVER STREET

Get your fruit tree questions answered by the experts

January 16, 9:30 am - 12:30 pm

Fruit Trees "101": Bare Root Fruit Tree Planting & Basic Care

UCSC FARM \$15 – \$30

Learn the basics of bare root fruit tree selection, planting, and care

January 23, 10 am - 12 pm

Free Fruit Tree Q&A

THE GARDEN COMPANY
2218 MISSION STREET

Get your fruit tree questions answered by the experts

January 30, 9:30 am - 12:30 pm

Basic Pome Fruit Pruning (focus on apples and pears)

UCSC FARM \$15 – \$30

Learn the basic skills for pruning your apples, pears, and other pome fruit trees

Love Apple Farms is offering quite a selection of gardening classes this month/ On-site workshops are held at what GQ Magazine calls their "stunningly beautiful farm," located off of Highway 17, just 15 minutes from Los Gatos or Santa Cruz, and 30 minutes from San Jose. The address is 2317 Vine Hill Road, Santa Cruz, CA 95065.



- Growing Root Crops - Sunday, January 10, 2016
- Spring Vegetable Gardening - Saturday, January 16, 2016
This class will teach you what's possible to grow and pick in early spring. You will be able to plant and sow in February and March, then start to pick your bounty in April. Learn sustainable organic techniques that will let you seamlessly integrate your early spring vegetable garden into your summer plantings of warm-weather lovers.
- Fruit Trees Simplified - Saturday, January 23, 2016
- Introduction to Bee-Keeping - Saturday, January 30, 2016
- Growing Tomatoes from Seed - Sunday, January 31, 2016 (morning class)
- Growing Peppers & Eggplants from Seed - Sunday, January 31, 2016 (afternoon class)

Go to the web site for complete class descriptions, times, costs and to register (advance registration is required).

<http://www.growbetterveggies.com/growbetterveggies/>

I'm particularly tempted by the tomato growing class: "Learn how to sow and care for young tomato seedlings! Participants choose from over 150 varieties of heirloom tomatoes from Love Apple Farm's specialty seed bank. We sow them in seed flats and soil (supplied), while receiving direction and instruction on proper soil to use, heirloom variety selection for your individual growing conditions, germination requirements, care after seedlings emerge, proper transplanting techniques, and more. Students take home a sown flat of up to 48 different varieties of tomatoes with the potential for a total of 150 live plants (that's a value of \$600). Plenty for your garden and as gifts for your friends, too! Tomato seeds sown in these classes will be ready for your spring planting. "

January 31, 9:30 am - 12:30 pm

Selecting and Growing Cane Berries

UCSC FARM \$15 – \$30

Learn about selecting, planting, and caring for blackberries, raspberries, and other cane berries

The Gardeners' Club Membership

The time has come for membership renewal. Annual membership dues, which include all benefits, are still only \$12.00, due by January 1st. The membership year lasts through the end of December, 2016. 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



Come grow with us!

newsletter e-mail option below.

Ours is a club celebrating the joys of gardening, friendship, community, learning, nature and growth. Renew your membership now so you won't miss a thing...you'll be glad you did.

And...with gift-giving season almost here, 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 membership is a gift nobody will want to return!

Your 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 \$12 per member made out to *The Gardeners' Club*. Mail to

The Gardeners' Club c/o Suzanne Mercado, P.O. Box 3025, Ben Lomond CA 95005

IN SEED TIME LEARN,
IN HARVEST TEACH,
IN WINTER ENJOY.

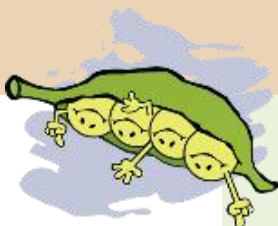
—William Blake

Happy New Year



Printed on 100% recycled paper

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, 2555 Mar Vista Dr., Aptos



The Gardeners' Club

P.O. Box 3025, Ben Lomond CA 95005

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