



Into the Garden

The Gardeners' Club
Santa Cruz County,
California

July 2022

Writer/Editor: Lise Bixler
(lisebixler@sbcglobal.net)



The Gardeners' Club annual Ice Cream Social is unique. As gardeners, we are perennially creative, and this creativity is in full bloom as we create gorgeous sundaes and contribute ice cream toppings made from bounty from our gardens or a farmers market, or find on the aisle labeled "decadent" at a grocery store.

We'll provide various flavors of ice cream (including one non-dairy), chocolate sauce, Maraschino cherries and whipped cream. You bring toppings—fresh from the garden, or cooked, or baked, or crumbled. Sauces, home-made or store-bought, cookie wafers, fresh fruit, herbs or herbal syrups, marshmallow fluff, nuts, candies, sprinkles, gummies, etc.—bring it on! Please label what you've brought



or made before the meeting
(including your name).

Per our tradition, we will have Succulent Sundaes for some attendees to take home. Raffle tickets will determine the winners.

July is National Ice Cream Month. Celebrate it by cultivating fun with your gardening pals! You are welcome to bring family members. And bring a friend to help our membership grow.

A few recipes follow, to inspire you!

Candied Citrus. To candy citrus peel, boil lemon peel slices in simple syrup for 15 minutes, then drain. Let peel dry 1 hour, then toss with 1/2 cup sugar to coat. Use whole or chopped to top desserts!

Ice Cream Social

Thursday, July 14th, 7 p.m.
Aptos Grange, 2555 Mar Vista Dr.



Peachy Herb Compote Ice Cream Topping

Here's a yummy way to use up some of those garden herbs... so fresh and summery... and perfect to add to ice cream.

- 3 ripe, juicy peaches, pitted, unpeeled and cut into big cubes
- 1 cup simple syrup (plain or herbal)
- 1 packed cup fresh basil leaves, washed, stems removed
- 1/4 packed cup fresh mint leaves, washed, stems removed

Place peach pieces in a mixing bowl and set aside. Place simple syrup and fresh herbs in a blender. Pulse until smooth. Pour the herb syrup over the peaches and gently mix to evenly combine.

(Melissa Placzek, <https://chindeep.com/>)



**There is nothing permanent
except change.
- Heraclitus**

The Covid years gave us time to reassess our relationships with our gardens, to examine our priorities, to garden more (or less) or to garden differently. A few months ago I posed this question to Club members: What changed in your garden, or in your relationship to gardening, since then?

Here is Bill Patterson's poetic response

The Virus, My Garden and I

Before the pandemic, my garden was a place to be proudly, vigorously, productively engaged.

But the intervening two years has changed our relationship .

..

It's become a companion accepting me, asking nothing more than a mutual friendship.

And I am no longer a caregiver, rather an appreciative guest.

Each day I now mindfully observe it, finding new and vivid colors as I meander, joying in the changes that have taken place, finding them gifts from a generous friend.

This very early spring the garden joyously offered its abundant yellows, with a carpet of Oxalis,

A gift I enthusiastically welcomed, so it's continued showering me with a grand variety of other colors.

Acknowledging the garden as a generous friend has opened us both to a life beyond any virus.

All are welcomed to visit as you would in a park



Ancho Blackberry Sauce

Combine 2 cups blackberries, 1/4 cup sugar, 1 tablespoon lime juice and 1 1/2 teaspoons ancho chile powder in a medium saucepan over medium heat; simmer, mashing the berries occasionally, until thickened, 12 to 15 minutes.



Help! It's time for the Ice Cream Social and I didn't make anything! What to bring???

Crumbled anything (donuts, grahams, cookies, ice cream cones); pretzels; cereal (granola, fruit loops, cocoa puffs); a jar of supermarket or gourmet hot fudge; marshmallow fluff; chocolate chips; caramel; sprinkles; candy (M&M's, peanut butter cups); black sesame seeds; candied or roasted nuts; caramel corn or olive-oil popcorn; wafers; dates; cookies; candied citrus peel; lemon curd; fresh fruit; toasted pepitas; balsamic vinegar; cocoa nibs; coffee syrup, maple syrup. Surprise us!

The Art of Soil: How Scientist Use Dirt to Make Art and Teach

"Karen Vaughan is a scientist, paint maker, educator, mom, and artist. The soils she studies and learns from and with during her day job as an associate professor of pedology (the study of soil formation) have woven their way into her journey as an artist. Vaughan creates nature-inspired, soil-based watercolor paints that she uses to create art that communicates environmental challenges, conditions, and hopes of today. Using pigments gathered from nature and the laboratory, she creates work that interprets geologic time as expressed in the soil, "

Little did I know that opening an email from Orion Magazine (<https://orionmagazine.org/article/the-art-of-soil-how-one-scientist-uses-dirt-to-make-art>) would lead me on a days'-long journey learning about amazing people who have managed to combine the science of soil with artistic expression.

As gardeners, we sometimes do scientific tests to learn about our soils. Touching, smelling and observing the soil helps us determine its different qualities. We use all this information to foster optimum soil and plant health. And often, this scientific understanding is where our relationship with the soil ends.

"...But to use soil as a media for painting encourages us to form a deeper understanding, relationship and appreciation of the earth. Science and art combine beautifully. The history of using soils as artistic media is as old as human existence..... Despite this deeply rooted connection between soil and art, the worlds of soil science and fine art have been relatively disconnected." *The Dirt*, Newsletter of the North Dakota Master Gardeners, Sept. 2019

The 1992 Earth Summit highlighted a global need for soil health and understanding. It also started a movement within



the art world to incorporate environmental factors and natural media into artistic works. Today, notable universities have incorporated soil painting in their soil science programs. The Food and Agriculture Organization of the United Nations (FAO-UN) to organized a global soil painting contest in 2017. Cornell University's entry

Soil, won first place in the university category. Visit the website of Kristen Kurtz, <https://soilpainting.com>, artist and manager of the Cornell Soil Health Laboratory, a world-wide leader in soil health assessment, for much more

information and resources.

Karen Vaughn, with her collaborator Yamina Pressler, a soil scientist at California Polytechnic University, developing "responsibly harvested" soil-based water colors and paintings, bridging that gap between science and art. By sharing both their creative

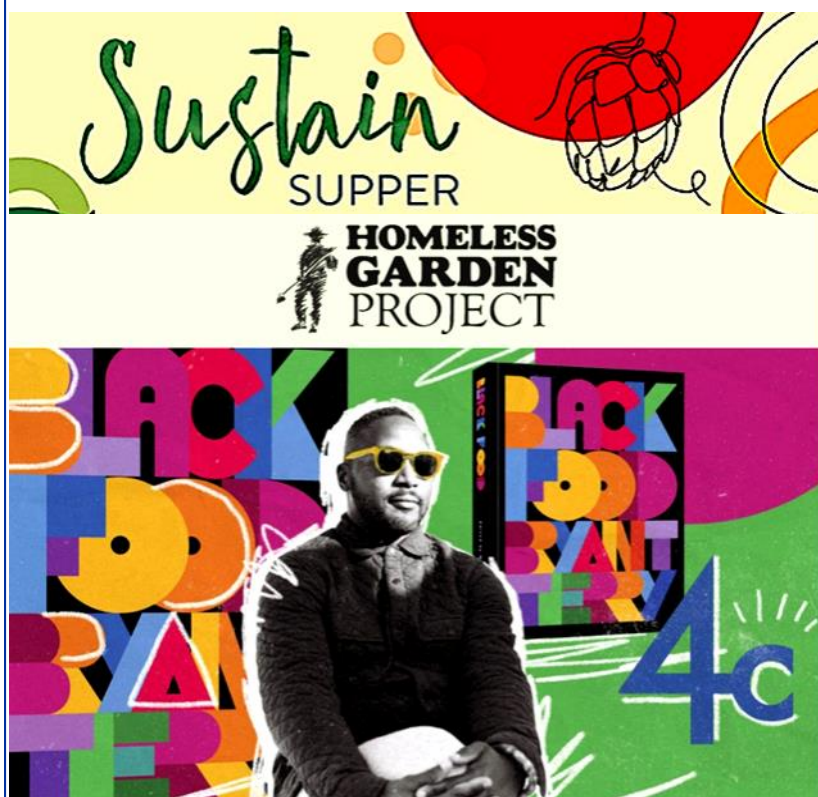
processes and scientific knowledge extensively on social media and connecting with artists, scientists and the public, they aim to make soil education accessible and inviting. First through her art, and



I didn't get into making watercolors b/c I was a good watercolor artist – I got into it b/c I am a good scientist & observer and an even better educator & communicator. –Karen Vaughan



Instagram, Pressler says that she hopes people will realize how important soils are to the environment. Pressler's Instagram account [@wonderofsoil](https://www.instagram.com/wonderofsoil) was created to show the more artistic side of soils and bring the soil science community together. You can learn a lot and be very inspired, with videos as well as photos. Also check out <https://www.fortheloveofsoil.org/theartofsoil>. A Smithsonian Magazine article(<https://www.smithsonianmag.com/science-nature/meet-western-soil-scientists-using-dirt-make-stunning-paints-180976796/>) will send you wanting to dig even more into this subject!



HGP's SUSTAIN SUPPER RETURNS ON SATURDAY, July 23rd

We are thrilled to gather together again in community on the Farm for the next in our Sustain Supper Farm Supper Fundraisers. We're especially excited to welcome award-winning author/chef Bryant Terry to our farm as this summer's keynote speaker. Chef Terry has made a profound impact in the food world and is renowned for his activism to create a healthy, just, and sustainable food system. Inspired by Bryant's work, and to allow the Farm to take center plate, the 4-course meal served on July 23rd will be vegetarian (with vegan options). We're excited to feature a menu prepared from some of the best chefs in our region, including chefs from La Balena, Aubergine and Gabriella Cafe. And we'll once again feature live music, delicious wine, a farm tour and more. Stay tuned for more info regarding the menu, musicians and more.

More information on the chefs, menu and beverage providers will be added as the event approaches. Please do let us know of any additional food allergies during the checkout process.

All proceeds from the Sustain Supper benefit the Homeless Garden Project's core transitional employment program for people experiencing homelessness. Over 30+ years HGP has refined the successful year-long program to provide earned wages for work, hands-on job training and support services in an effort to help trainees obtain stable employment and

housing. On average, 90% of trainees obtain stable housing and employment within 3 months of graduating.

Natural Bridges Farm, located on Santa Cruz's Westside, has been operated by the Homeless Garden Project since the mid-90's. Please note, it is an active working farm, so please wear comfortable shoes for uneven ground.

Bryant Terry is a James Beard & NAACP Image Award-winning chef, educator, and author renowned for his activism to create a healthy, just, and sustainable food system. He is the founder and editor-in-chief of 4 Color Books, an imprint of Penguin Random House and Ten Speed Press, and he is co-principal and innovation director of Zenmi, a creative studio he founded. For the 2022-2023 academic year Bryant will be an Artist Fellow/Visiting Scholar at UC Berkeley as a member of the second cohort of Abolition Democracy Fellows. Since 2015 he has been the Chef-in-Residence at the Museum of the African Diaspora (MoAD) in San Francisco where he creates public programming at the intersection of food,

farming, health, activism, art, and culture. San Francisco Magazine included Bryant among 11 Smartest People in the Bay Area Food Scene, and Fast Company named him one of 9 People Who Are Changing the Future of Food. In regard to his work, Bryant's mentor Alice Waters says, "Bryant Terry knows that good food should be an everyday right and not a privilege."

His sixth book, a collection of recipes, art, and stories, entitled Black Food was published by 4 Color Books/Ten Speed Press in October 2021. It went on to be the most critically acclaimed American cookbook published that year. His book, Afro-Vegan, was published in 2014. Just 2 months after being released, it was named one of the best cookbooks of 2014 by Amazon.com. Afro-Vegan was also named one of the best vegetarian cookbooks of all time by Bon Appétit. Bryant is also the author of the critically acclaimed Vegan Soul Kitchen: Fresh, Healthy, and Creative African-American Cuisine, which was named one of the best vegetarian/vegan cookbooks of the last 25 years by Cooking Light Magazine.

Sponsors of this event include New Leaf Community Markets, Sandbar Solar and more to be announced. Buy tickets at <https://www.eventbrite.com/e/sustain-supper-registration-345872563147?aff=ebdsoporgprofile>

April Barclay shares this article with us by Therese Borchard. How does gardening contribute to YOUR well being?

6 Simple Ways to Tap the Healing Power of Gardening

Sence is proving what people with green thumbs have long known to be true: gardening is good for you. The common, often relaxing hobby can reduce levels of pain and stress, improve attention and boost immune systems, according to several published studies. Roger Ulrich, a behavioral scientist and expert on healing gardens, explained, "We have a biologically prepared disposition to respond favorably to nature because we evolved in nature."

Here are a few tips to tap into the soothing power of gardening in your own life:

1. Be present

Nature has the ability to pull us out of our ruminations and ground us in the present moment. Gardening occupies our left-brain in tasks like planting and fertilizing, while immersing our right brain in the aroma of flowers and the feel of soil. Allow the rhythmic nature of weeding, trimming and sowing to take you to a state of flow, or single-mindedness, that harnesses all emotions into one action and stimulates feel-good endorphins.

2. Connect with other living things

In his book *Biophilia*, Edward Wilson describes the human fascination with nature as "the urge to affiliate with other forms of life." Similarly, researchers like Jon Fieldhouse have determined that the plant-person relationship is beneficial because it requires the nurturing dynamic that allows humans to bond without the drama of human emotions. The takeaway? Don't be afraid to bond with your flowers and plants.

3. Take responsibility

There's a reason therapeutic gardening is used to teach responsibility and life skills to at-risk youths. At Pacific Quest, a Hawaii camp for troubled teens, students build garden beds, plant the seeds and

care for the seedlings. As they care for their creation, the teens are able to

translate problem-solving skills and insights into their own lives. You don't have to be a troubled teenager to use gardening to learn that

even a small action, like watering a flower, can make a substantial impact.

4. Vent

Much like life, nature is messy and becomes disorderly and unkempt if uncared for. Its potential for destructiveness is the same force that drives growth and renewal. Gardening is an appropriate place to vent our anger and to use aggressiveness in a positive way. After all, if we don't tend to the weeds, we risk losing our lettuce or tulips. For a person who has always been afraid of anger, gardening is especially helpful for me to see that asserting some control is an act of love and discipline that leads to new growth.

5. Enjoy the view

In a famous study in the journal *Science*, Ulrich demonstrated how gazing at a garden can sometimes facilitate healing from surgery, infections and other illnesses. In the study, people recovering from gallbladder surgery with a bedside window looking out on leafy trees healed, on average, a day faster, needed less pain medication and had few postsurgical complications than those who had a view of a brick wall. Pictures of landscapes can also do wonders, as highlighted in another Ulrich study. When his team showed images of water and trees to patients, this group ended up needing fewer doses of pain medicine than patients who looked at dark forest photographs, abstract art or no images at all. If you're not feeling up to watering or weeding, simply gaze at your garden and reap the healing benefits.

6. Cultivate hope

"It is the time you have wasted for your

rose that makes your rose so important," said the Little Prince in Saint-Exupéry's classic *The Little Prince*. Gardening allows us to experience the transformative power of caring for something. Plants teach us that things never stay the same, and that although growth may be invisible to us, it is still happening all the time. Gardening teaches us patience and the hopeful anticipation of new life. When you plant your next seed, breathe in the hope that your creation represents.

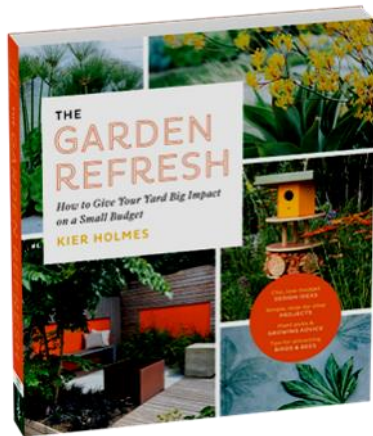
8 tips to help you & your plants survive the summer sun:



Someone once said being on our Board is like being in a club within a club, and it is true. Through planning, sharing and dreaming, our experience with the Club is enhanced and enriched. Won't you join us for a meeting, and see what it is like? We are in need of more helping hands.

The July meeting will be at the home of Lise Bixler, 91 Country Estates Drive, Bonny Doon. We will tour her garden first—it has exploded in growth this year (her theory is that the ash from the mountain fires has fertilized everything. We'll then have a potluck dinner.

If you'd like to carpool, contact Cherry. Directions: Follow Mission Dr. out of town to Hwy. 1. When you get to Bonny Doon Road, turn right and head uphill. When you get to the Winery, turn left (it will still be Bonny Doon Road). Go past the Christmas tree farm; turn right at Country Estates Drive. Lise's house is the 2nd on the left (greenish, with a circular driveway).



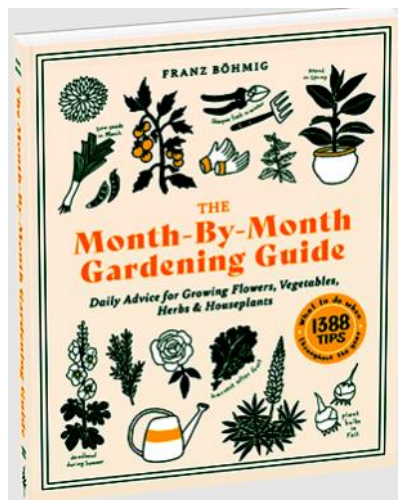
Summer Reading

The Garden Refresh

How to Give Your Yard Big Impact on a Small Budget

Grow more, spend less

So you want a stylish, healthy, and productive garden that is budget and Earth-friendly? Of course you do. Garden designer Kier Holmes shows you how, in this accessible and spunky guide. She shares everything you need to create a productive and lush garden that can truly be used and enjoyed. Packed with hundreds of tips on design, plant selection, and how to address problematic situations, it also has information on which hardscape elements are worth the splurge, how to decide where to start, and how to reduce maintenance through design. Inspirational, practical, and endlessly creative, The Garden Refresh is destined to become the book you turn to again and again for the best insider ideas.



“Bursting with useful advice, especially for new gardeners.” —Booklist

To be a successful gardener, you need to know two things: how to do something and when to do it. Both concepts are thoroughly tackled in The Month-By-Month Gardening Guide. This comprehensive approach to gardening guides home gardeners—whether you are growing vegetables, flowers, or houseplants—through a year of growing. Throughout, the emphasis is on organic, wildlife-friendly techniques. By following the guidance detailed in this hardworking primer, you’ll be well on your way to a beautiful and bountiful garden that will provide pleasure throughout the year.

I’ll never get off the couch and into the garden if I read all 10 of the books recommended by Dominique Browning in her NY Times Book Review article “A Bumper Crop of Gardening Books.” You can read all about the other 9 in her article (<https://www.nytimes.com/>

2022/05/27/books/review/new-gardening-books.html), but I’ll quote her verbatim in the following review, which tickled my funny bone.



The monstera from Plants Are My Favorite People.
Credit.:Lucila Pernini

“I am reveling in the peals of joy from the houseplant crowd online. That is the sound of new gardeners being born. Houseplants are a gateway obsession (when they’re not literally a gateway drug). I can attest to this, having spent my high school years fussing over dozens of plants in my bedroom; when I left for college, my indulgent father hauled them into my dorm room. A snappy new book by Alessia Resta, PLANTS ARE MY FAVORITE PEOPLE: A Relationship Guide for Plants and Their Parents (Clarkson Potter, 192 pp., \$19.99), includes a handy quiz; I see that I was an off-the-charts helicopter parent with major separation anxiety. (Good to get it out of your system, human children being more intractable than potted gardenias.)”



DIY Succulent Arrangement Workshop

July 30, 2022 10:00 AM - 11:00 AM

UC Master Gardener Demo Garden, 1430 Freedom Blvd, Watsonville,

Join UC Master Gardeners Stephanie Kister-Campbell and Barbara Davidge for a fun hands-on DIY Succulent Arrangement Workshop. In this class, you will learn about succulents and their care, learn how to put together an attractive arrangement, and then put your new skills to work making an arrangement for yourself to take home! We will be outside so dress for the weather, a hat and layers are recommended. Though the program will be held outdoors, we will respect CDC COVID-19 guidelines and recommend a mask and that you maintain 6 feet of distance. Attendance is limited. The \$30 fee includes all materials for your take-home succulent arrangement.

The Gardeners' Club Membership

Now that we are starting up Club activities, it is time to pay annual membership dues, if you have not done so this year. Annual membership dues, which include all benefits, are still only \$15.00. Dues entitle members to all club educational programs, our special events, plant trades and our awesome monthly newsletter. The "green" option is to receive an electronic PDF full-color version of the newsletter by checking the newsletter e-mail option below. Gift memberships are available— 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.



As we ease back into less restrictive Covid concerns, we will stay alert to changing conditions, and emerging opportunities. We are grateful to retain our access to the Grange—now we'll also resume rent and insurance costs.

Ours is a club celebrating the joys of gardening, friendship, community, learning, nature and growth. We have

a history of giving to the community, and as we meet we will discuss how our giving program will proceed. Renew now so you don't miss anything—you'll be glad you did. Thank you!

YOUR 2022 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: _____

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Enclose a check for \$15 per member made out to
The Gardeners' Club. Mail to:

The Gardeners' Club . Mail to:

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P.O. Box 3025
Ben Lomond CA 95005

☐ Paper copy (B&W) via snail mail
onal contribution to our scholarship fund, made out to

Membership Dues: \$ _____

Gift Membership(s): \$ _____

TOTAL: \$ _____

DAISY TIME by Marjorie Pickthall

*See, the grass is full of stars,
Fallen in their brightness;
Hearts they have of shining gold,
Rays of shining whiteness.*

*Buttercups have honeyed hearts,
Bees they love the clover,
But I love the daisies' dance
All the meadow over.*

*Blow, O blow, you happy winds,
Singing summer's praises,
Up the field and down the field
A-dancing with the daisies.*

ABOUT THE AUTHOR: Marjorie Pickthall (1883–1922) was born in England but lived in Canada from the age of seven. She was once considered the best Canadian poet of her generation.

IMAGE: "Sunday Morning" by Amy Tyler.

The Gardeners' Club

P.O. Box 3025, Ben Lomond CA 95005

President

Cherry Thompson, 475-0991

Vice President & Publicity

cherrylea@comcast.net

Secretary

April Barclay, 688-7656

Treasurer

AABarclay@aol.com

Dena Gonsalves, 477-0847

denagonsalves@hotmail.com

Membership

Suzanne Caron 609-6230

Suzanne.bottomline@gmail.com

Hospitality (Temporary)

Pat McVeigh

566-4553

pmcveigh@baymoon.com

Newsletter Writer/Editor

Lise Bixler, 457-2089

lisebixler@sbcglobal.net

www.thegardenersclub.org

Members-at-Large

Debbie Kindle

poppy-54@live.com

Plant Table

Lupe Allen, 247-2705

lupeda@ucsc.edu

aneymark@hotmail.com

Jan Olafsson, 464-0554

hnumsmee@aol.com

Refreshments

Marge Gregory

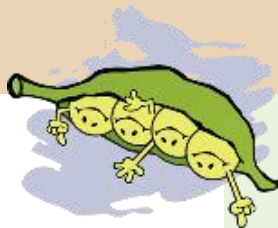
684-1529

mr41@gmail.com

Webmaster

Joe Thompson

joe@joehometech.com



It's easy-peasy to join our club!

Dues are \$15 per calendar year. Make check to "The Gardeners' Club" and mail to P.O. Box 3025, Ben Lomond, CA 95005. Meetings are held at 7:00 p.m. on the 2nd Thursday of each month at the Aptos Grange, 2555 Mar Vista Dr., Aptos

Our front page logo is graciously shared with us by artist Lisa Zador. Order a print or see more of her work at her Etsy shop

www.etsy.com/shop/curiousprintpattern.