



Garden Notes

with the San Joaquin County
Master Gardeners



OCTOBER - DECEMBER 2013

San Joaquin County Master Gardeners

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Smart Gardening Conference & Other Fall Festivities

Marcy Sousa Master Gardener Coordinator

Fall is here and things may be slowing down in the garden, but the SJ Master Gardeners are still busy with fall festivals, farmers markets and other events. Stop by and say hello at the Stockton Magnificent event or Manteca Pumpkin Festival, October 5th. Kaiser employees will find us at their health and wellness event on October 12th. We will have a booth at the Lodi Sandhill Crane Festival in November. We are still at the Stockton Farmers' Markets until they close for the season.

The Master Gardeners just finished up our 3rd annual Smart Gardening Conference. This year's event had more class topics to choose from, including a tour of our Learning Landscape and a canning workshop taught by a Master Food Preserver. We had new display topics and a treasure hunt for repurposed garden items. Thank you to all who attended. We had just over 150 people register for the conference. We are looking forward to seeing everyone at next year's conference. Happy gardening!



Left: Repurposed oil funnel used as a succulent planter
Above: Plant Propagation table during one of the workshops



CA Native Plant Garden Design Basics

Julie Schardt, Kathy Ikeda & Nadia Zane Master Gardeners



For a gardener, fall brings with it as many possibilities as spring. Some established perennials are reaching their peak, preparing to cede their places to new plants. We can begin to think about branching out into areas of gardening we may not have tried before. The allure of California native plants may be leading you to consider using them in your garden for the first time. Or, if you

already have experience with California natives, perhaps you want to expand your native plant garden. Planning ahead and thinking about garden design will help you succeed.

There are numerous reasons for considering a native plant garden. California native plants have evolved over time and are well-adapted to the conditions in which they historically grew. This means you can use less water and fewer

[Cont. pg 10](#)

Garden Chores Calendar

Sue Davis Master Gardener

You can click on any of the blue underlined words in any of the articles to go to a webpage and learn more about that topic!



October, November, and December

Fall is when gardening is about getting trees, shrubs, most ornamentals and cool season edibles in the ground. With summer's high heat behind us, the soil remains warm and rain might water your garden over the next few months.

October Ideas

Plant -

Annuals such as Dianthus, Iceland poppy, pansy, primrose, snapdragon, stock, viola and violets will do well in the cooler weather.

Perennials and shrubs planted in the fall are easily established with the help of winter rain. Enrich your landscape with plants that attract pollinators such as hummingbirds and bees.

Bulbs scattered and planted now will provide natural, colorful spring displays. Nursery selections should include anemone, calla, Narcissus, freesia, Hyacinth, Muscari, or Dutch iris. **Wait for the temperature of the soil to fall to 55° (when average night time temps are 50° or cooler for at least 2 weeks) to plant.**

Winter vegetable transplants that do well now include bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, celery, chard, endive, kale, and kohlrabi. Carrots, leaf lettuce, peas, radishes, spinach, and turnips are easy to start from seed this month. Garlic cloves planted now produce an early summer harvest.

Sow wildflower seeds for flowers that attract butterflies and beneficial insects – good bets are California poppies, Alyssum, blackfoot daisy, corn cockle, and larkspur.

Trees planted in fall adapt to your garden over the winter. For autumn colors of red, gold, or yellow choose Chinese pistache, Gingko, Tupelo, scarlet oak, red oak, Japanese maple, red maple, crape myrtle or redbud. Be sure to check the mature height and width of the trees so they will have room to grow.



Maintenance -

Houseplants that were growing outside should be prepared to be brought back inside. Gather in shady place, look for signs of insects, and prune and repot any that may need it. Leave in shade a few days to get them used to lower light.

Cut spent blooms to extend the flowering period of your plants. Begin pruning back old growth and feed roses one more time to keep the blooms coming through the fall.

Dig clumps of crowded daylilies, iris, Shasta daisies, and agapanthus with a spading fork so the root-ball comes up intact, then use a spade or sharp knife to divide them (each division should have plenty of leaves and roots). Replant divisions immediately.

Knock down water basins around trees and shrubs to avoid standing water around the root crowns which encourages crown rot.

To discourage brown rot on citrus, prune the tree skirts 24" above the soil, clean fallen leaves and old fruit from under the trees and mulch to prevent fungus spores from splashing up from the ground.

Add a layer of mulch to all of your plants for added protection this coming winter.

Pull weeds and clean up your summer vegetable garden. Plant a cover crop of clover, bell beans, fava beans, or vetch to add nitrogen for next year.

Lawns - Dethatch your lawn if needed and be sure to fertilize. Dethatching could help control both Bermuda and bent grass especially if you over-seed with a perennial rye and fescue mix to keep your lawn green through the winter. Cool season lawns, such as the popular fescue blends, are putting on a spurt of growth now. Mow often so that you are never removing more than a third of the total height of the grass blade. Reduce the frequency of watering by 50% to 75% as the weather cools.

[Cont. pg. 16 & 17](#)

Links

For more info on pest management, [click here.](#)

Be Vigilant with Fall Pests

Susan Mora Loyko, Master Gardener

As fall approaches, life may look like it is slowing down in your garden, but while we're cozy inside our homes lots of critters are busy preparing to wreak havoc. A watchful eye and a little work now will keep your fall garden healthy and even provide some help for next spring's plantings.

Tomato hornworms hibernate in the soil beneath tomato plants. Till about four inches into the soil and discard hornworm pupae, which resemble two-inch-long, reddish footballs. Tilling prevents adult sphinx moths from developing.



UC Statewide IPM Project
© 2000 Regents, University of California

Tomato hornworm pupa

Earwigs look menacing with their pincers but they aren't harmful to people. They do serious chewing damage to seedling vegetables and flowers, but they can also be beneficial by feeding on aphids and other harmful insects. Nocturnal in habit, they hide in cool, dark, moist places during the day. To manage, reduce hiding places and use a vigilant trapping program (such as placing rolled-up newspapers in the garden at night and discarding them in the morning).

Snails and slugs are among the most bothersome pests in gardens and landscapes. Because they prefer succulent foliage or flowers, they primarily are pests of seedlings and herbaceous plants, but are also serious pests of ripening crops and plants growing close to the ground. However, there are plants that resist snail and slug damage. These including begonias, California poppy, Fuchsias, Geraniums, impatiens, Lantana, Nasturtiums, purple robe cup flower, and many woody plants or plants with highly scented foliage such as lavender, rosemary, and sage.

Snails and slugs are most active at night and on cloudy or foggy days. They seek hiding places out of the heat and bright light. During cold weather, snails and slugs hibernate in the topsoil. Remove places where they can hide during the day. Handpicking at night can be effective when done on a regular basis.

To keep your garden healthy, take on some preventive maintenance this fall:

- Perform general garden cleanup. Remove dead or diseased plants, weeds, and garden debris.
- Apply mulch such as wood chips, bark chips, sawdust, newspapers, or compost to suppress weeds and help soil retain moisture.
- Plant a cover crop — such as fava beans — in your garden during fall. Till the plants into the soil in the spring following harvest to add nutrients to the soil and make it more fertile for spring plantings.

Pests and Plants of the Season

[UC IPM website](#)

Integrated pest management, or "IPM," is a process you can use to solve pest problems while minimizing risks to people and the environment. IPM can be used to manage all kinds of pests anywhere.

You can click on any of the blue underlined words in any of the articles to go to a web-page and learn more about that topic!



Peach Leaf Curl & Pantry Pests

Marcy Sousa Master Gardener

Peach leaf curl, also known as leaf curl, is a disease caused by the fungus



Taphrina deformans. It is a disease we see in spring, but needs to be treated in the fall. Peach leaf curl affects the blossoms, fruit, leaves, and shoots of peaches, ornamental flowering peaches, and nectarines, and is one of the most common disease problems for backyard gardeners growing these trees. The distorted, reddened foliage that it causes is easily seen in spring. When severe, the disease can reduce fruit production substantially. Peach leaf curl first appears in spring as [reddish areas](#) on developing leaves.

Treat trees with a fungicide every year after leaves have fallen, usually in late November. If we have high rainfall this winter, it might be advisable to apply a second spray late in the dormant season, preferably as flower buds begin to swell but before green leaf tips are first visible (February). For more information, [click here](#).

Pantry Pests: Stored-product pests are usually brought into the home in an infested package of food. Initially, infestations are easy to overlook, because the insects involved are quite small, especially in the egg and larval stages. Often the first indication of an infestation is small moths flying about or beetles in or near a package of food. The most common insects infesting food in the home are in the orders Lepidoptera (moths) and Coleoptera (beetles).

The most common species of meal moths found in the home pantry is the Indianmeal moth, *Plodia interpunctella*. All damage is done by the larvae, which attack a wide range of products including cereal and cereal products, flour, cornmeal, rice, dried fruit, dehydrated vegetables, nuts, chocolate, candies, and other confections. While there is only one major species of moth that feeds on food products in the home, several species of beetles commonly attack a wide variety of foods.

Getting rid of food-infesting moths or beetles takes continuous, persistent effort at removing and cleaning up the infestation, especially if it has been present for a while. Some pests are capable of living for many weeks without food; thus the threat of reinfestation exists until they die off or are killed. For more information and management tips, [click here](#).



Filaree

Filaree weeds are low-growing, common winter annual and sometimes biennial broadleaves. It is a member of the Geranium family and is very common in our area this time of year. It can be found in landscapes, turf, agricultural areas and along roadsides. This plant is spreading or erect generally from a rosette. Stems are 1 inch to 2 feet long. Leaves are divided into narrow feather-like lobed or toothed segments. Leaves and stems are hairy and may have a reddish color.

An application of several inches of mulch discourages seed germination, and summer soil solarization may help to reduce soil seed populations. Hand-pulling, hoeing, tilling, or digging—before or when plants are flowering—allows for prevention of seed production. For more information, [click here](#).



Rockrose & Aster

Adrian Anthony Master Gardener

SHRUB: Cistus, Rockrose



Plant Identification:

In the Cistaceae family, native to the Mediterranean. Common name, 'rockrose,' is from similarity of the flowers to old-fashioned, single roses and their preference for rocky soil.

These evergreen shrubs flower from spring to summer, and offer subtle texture and color in their foliage.

These mounding woody shrubs grow from 2 to 6 feet wide and high, depending on variety. They have simple, opposite leaves, often wooly and coarse, with 5-petaled flowers, which last a day.

Optimum conditions for growth:

Cistus prefer dry climates and full sun, and become drought tolerant once established, requiring little to no water. They thrive in well-drained, poor soils, and tolerate heat and wind. Maintain with minor thinning and pinching. Avoid heavy pruning or fertilizing. Cistus are an excellent companion for other drought tolerant plants, particularly natives. Too much irrigation, especially in the summer, can cause die-back or even kill the plant. Most species are cold hardy. For more information, [click here](#).

PERENNIAL: Aster

Plant identification:

From the plant family, Asteraceae. These stars of the fall garden are aptly named, receiving their name from the Latin word for 'stars.' Asters come in a wide selection of forms, from 6 inches to 6 feet high. Taller varieties are excellent for border plantings and compact



types are ideal for edgings, rock gardens or containers. The daisy-like flowers can be white or many different shades of pink, blue, and purple, usually with yellow centers. They are great for attracting butterflies to your garden. 'Purple Dome,' a dwarf variety, which tolerates wet soils and resists mildew, is a UC Davis Arboretum All-Star plant.

Optimum conditions for growth:

Asters can handle a wide range of soil and light conditions. Some are drought tolerant; others thrive in clay soils. They prefer well-amended, fertile soil. Taller types are best maintained by early-season pinching or cutting back in July to keep the plant more compact. Staking may be required. Divide clumps in late fall or early spring, as centers tend to diminish in vigor. For more information, [click here](#).

Valley Oak

TREE: Quercus lobata, 'Valley Oak'

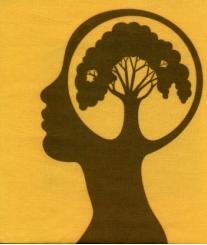
Plant identification: From the Fagaceae family, native to the inner coast ranges, interior valleys, and Sierra Nevada foothills of California. These endemic icons of our natural landscape are grand specimens, reaching heights up to 70 feet. They have massive twisting branches with distinctive grey, checked bark with deep fissures. They grow rather upright in the first few decades of growth, and develop a rounded, spreading habit in maturity.

The Valley Oak is deciduous, with 2- to 4-inch-long, deeply lobed, alternate leaves which are lighter on the underside. Leaves turn a yellow to light orange color in fall, finally turning brown before leaf drop. Acorns are up to 2 inches long and cone-shaped. They provide food and shelter for many native insects, animals, and birds.



Optimum conditions for growth:

These trees require ample space and prefer deep soil. They tolerate high heat, drought and alkaline soil and can endure cool wet winters and hot dry summers. With ample groundwater, a strong tap root will develop, and growth rates up to 3 feet per year are common. Trees are immune to sudden oak death. They are best under-planted with other drought-tolerant species. For more info, [click here](#).



Growing Knowledge

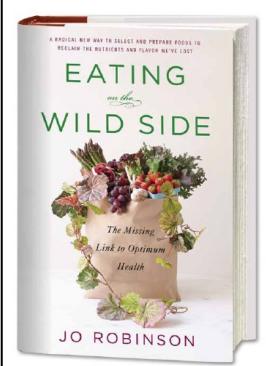
Useful Books and Websites

Bill & Lynne Gowdy Master Gardeners

Eating on the Wild Side – The Missing Link to Optimum Health (2013) by Jo Robinson

Fall is finally here with its traditional time of harvest and abundance. Shoppers enjoy farmers' markets as well as supermarkets with their awesome variety of fruits and vegetables in every color, variety, and size. And of course, many of us take pride in growing fruits and vegetables in our own gardens! We search nurseries, garden centers and plant sales for new and heirloom varieties of fruits and vegetables. We search the Internet for resources and attend Master Gardener workshops.

At farmers' markets, produce growers talk with us about the varieties they sell and offer samples to entice us to try their crops. There are so many unfamiliar and delightful offerings that it is often difficult to decide what to purchase, and we leave with full baskets and images of tasty new culinary treats to try.



Yet taste is not the only important consideration; we should also consider nutritional value. Author, health writer, and food activist Jo Robinson writes in her newly released book, *Eating on the Wild Side – The Missing Link to Optimum Health* (2013), that not all produce is equally nutritious. Her general food-purchasing guideline—which sounds familiar and is full of common sense—is “The fresher and more colorful the produce, the healthier it usually is.”

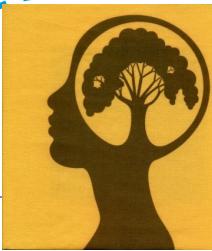
This delightful and informative book is divided into three sections. The first, “Wild Nutrients: Lost and Found,” provides us with background information on how ten thousand years ago our ancestors began altering wild plants to make them “more productive, easier to grow and harvest, and more enjoyable to eat.” But in the process, four hundred generations of farmers have redesigned original native food plants into modern creations which lack much of their predecessors’ fiber, protein, vitamins, minerals, essential fatty acids, phytonutrients, antioxidants and other nutrients necessary for optimum health. In her research for *Eating on the Wild Side*, Robinson reviewed more than a thousand food science journals and has includes 25 pages of scientific references for more specific information. Much of what she learned surprised her. She takes readers on a journey to discover information that will provide “game changing buying tips” and identifies “specific varieties that will majorly boost... nutrient intake.”

The remaining sections of the book are “Part One: Vegetables” and “Part Two: Fruits.” Part One covers nine large groups of vegetables: lettuce; onions; corn; potatoes; root crops (carrots, beets, sweet potatoes); tomatoes; crucifers (broccoli, Brussels sprouts, kale, mustard greens, radishes, turnips, etc.); legumes (beans, peas, lentils); and artichokes, asparagus and avocados. Part Two covers eight major fruit groups: apples; blueberries and blackberries; strawberries, cranberries, and raspberries; stone fruit (peaches, nectarines, apricots, cherries, plums, etc.); grapes and raisins; citrus fruits; tropical fruits; and melons. Many of these crops are grown in the Central Valley of California.

Robinson explores individual groups and provides details on the transition from “wild” to modern produce and how the nutritional value of each food has changed. She also identifies some of the most nutritious fruits and vegetables currently available. Some varieties have not been available until recently but are now in supermarkets, farmers and ethnic markets, and natural food stores. Other varieties must be grown from seed. Currently thirty-five million U.S. households have home gardens. Robinson states, “Growing the most delectable and nutritious fruits and vegetables in your own backyard or nearby community garden is the wave of the future.”

Robinson’s book includes loads of information on new ways to store, prepare and cook each food, enhance its taste, and increase its nutritional value. Her book is an exciting and understandable blend of anthropology, human nutrition, and plant chemistry supported by scientific research. *Eating on the Wild Side* provides us all with “a radical new way to select and prepare foods, reclaim nutrients and flavor, and help us maintain good health.”

For internet links and more information, [click here](#). Enjoy!



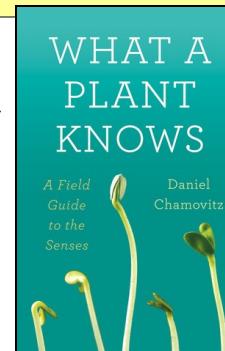
Growing Knowledge

Useful Books and Websites

Julie Schardt Master Gardener

What a Plant Knows- *A Field Guide to the Senses* 2012, by Daniel Chamovitz

As I've moved further into the realm of gardening, I have often thought most of what I do is contrary to the order of Nature. Fortunately, plants tip me off that they need more water by curling their leaves away from my scrutiny. They show their wounded foliage after the furtive nighttime feasts of insects and snails. They send spiky branches out of the shadows in search of sun. Just what is it about these plants that makes them "tip me off" to their condition? Do they "feel" their wounds? And what about the loud music that scorched the air when our young neighbors partied last month? Did it stunt the growth of the fava beans growing on our shared fence?



In his book, *What a Plant Knows: A Field Guide to the Senses*, Daniel Chamovitz offers some answers to these questions. The book is a lively and readable explanation of how plants and animals share common responses to their environments. What makes this book exceptional is that Chamovitz, who has a Ph.D. in Genetics, emphasizes the replicable scientific research that supports his assertions. And with it all he brings smiles to the reader with his topical wit.

"Think about this. Plants see you." With this, Chamovitz invites us to examine how plants and humans use a common physiology—*photoreceptors*—to perceive light. In humans, these photoreceptors allow light and color to create a picture we can see. Although they can't see pictures, plants perceive light in ways that facilitate their ability to eat, grow, and flower. Have you ever wondered why fall-blooming plants like chrysanthemums can be forced to bloom in time for Mother's Day? *Photoperiodism* allows them to "see" well enough to measure the period of darkness needed to start flowering.

Perhaps more surprising than plants' ability to "see" is their ability to smell. Chamovitz describes the basis for human *olfaction*—our ability to use hundreds of different types of receptors designed specially for the unique volatile chemicals that allow us to smell myriad fragrances, aromas, and odors. What happens in plants? Chamovitz explains although they don't have the nerves necessary for detecting smells the way we do, they are far from "remedial smellers." They, like us, can "perceive odor or scent through stimuli."

Placing a ripe banana in a paper bag with an unripe avocado can hasten the ripening process of the avocado. Ancient Egyptians had a grasp of the same phenomenon. They found that slashing a few figs in a bunch could cause them all to ripen. It's not a trick, rather the result of plants emitting and receiving a few molecules of the gas, *ethylene*. The two fruits use ethylene to "communicate their physical states to each other" through smell. *Cuscuta pentagona* (Dodder) wouldn't be considered a normal plant. It's a rangy yellow-orange vine with small white flowers found throughout North America. *Cuscuta* is unusual because it's completely leafless and lacks chlorophyll. What's a plant to do when it can't photosynthesize to get food? *Cuscuta* scavenges its nutrition from its neighbors. Watch Dr. Consuelo De Moraes' video of a *Cuscuta* sprout finding its way (using its ability to smell) to a nearby tomato plant [Tomato and Dodder Plant](#).

What about plants' ability to "feel"? Chamovitz describes how sessile, rooted organisms can change their metabolism when the need arises. Although how humans and plants react to touch and other environmental stimulation is "different at the organismal level, at the cellular level the signals initiated are hauntingly similar." An electrical impulse causes *Mimosa pudica* to feel when it's being touched, causing its leaves temporarily to fold and droop. The same kind of electrochemical impulse gives *Dionaea muscipula* (Venus flytrap) the astonishing ability to be able to determine when an organism crawling in its trap is something it might want to eat. Dr. Chamovitz then takes us into the long debated topic of whether or not plants can "hear." It's within this chapter of the book that he most adamantly brings up replicable, published scientific research to support what's known about whether plants prefer Tchaikovsky to Led Zeppelin. It wasn't surprising to learn plants have no preference. At least music and sound as we know it don't appear to affect the health or growth of plants. The conclusion is not, however, that plants can't "hear." It's that scientists don't yet have the knowledge to test "what" or "if" plants can hear.

If this isn't enough to entice you into *What a Plant Knows*, think about exploring the possibilities for what a plant remembers or how a plant knows where it is. Chamovitz makes the science of plant "senses" accessible and compelling. Plants are an essential part of our existence. They feed us, shelter us, give us medicine. As gardeners, we don't necessarily take them for granted. But maybe we should get to know them better. Daniel Chamovitz and *What a Plant Knows* would be a good place to start.

Succulent WHAT???

Betty Liske Master Gardener

Is it art? Is it gardening? Is it design? It's all of that and more!

Gardening with succulents allows you to free up your creativity and channel your inner artist in some easy, pretty much fail-safe projects using low maintenance succulents as the centerpiece. Indoors or out, on the wall, in or on the ground, or just hanging around, they make for eye-catching displays. They can be potted in a design, highlighted on their own, tucked into mixed plantings and empty corners, or used in other ways that are more like art pieces than plantings. Envision wreaths, screens, miniature gardens, terrariums and more.

Succulents are usually defined as plants with fleshy leaves or stems that allow them to store water in arid areas or those with poor soils. They are adaptable and will grow in most soil types as long as gardeners keep in mind how they operate. Since they are designed for storing scarce water, the issue of watering is crucial. They can easily be over-watered in regular potting soil. There are commercial soils made for succulents and cacti. These have more grit which lets more water flow through rather than be stored in the soil. Succulent roots get water from what's carried in the air around them rather than from direct contact with water in the soil. Alternatively one can add perlite to regular potting soil in a ratio of three parts soil to one part perlite. The most important factor is that it should be well draining. They should be watered deeply at regular intervals rather than lightly watered often for strong plants and root systems to form. Some sources recommend using a low-dose water-soluble fertilizer (20-20-20 or 20-10-20) in each watering. They do have dormant periods (some summer, some winter) during which watering should be lessened or stopped (*See Highland Succulents reference below*).



Once you've got the handle on growing and caring for succulents, their flexibility allows for much variety and creativity in ways they can be displayed. Free up your inner artist to make them whimsical (think teacups, old children's toys, niches and crannies, etc,), sculptural (a pyramid of stacked dishes), in single or mixed displays, matched or multi-colored. Succulents come in an amazing array of forms and in a huge range of colors, adding to the possibilities.

Modifying the planting process or medium allows you to decorate inside and out. The following is but a short list of possibilities (*see references for a myriad of photos and ideas for projects*).

Wreaths
terrariums
in old shoes
in old logs

screens
hanging globes
miniature gardens
old rain gutters

in arrangement with rocks
wedding florals
wall gardens
in nooks and crannies

References:

[Highland Succulents](#): excellent comprehensive guide to succulents

[Top 10 Tips on Succulents](#)—Living the Country Life

[Rooting Cut Succulents](#)—Martha Stewart detailed with pictures of steps

[How to Make Your Own Succulent Wreath](#)—YouTube — make your own succulent wreath (similar process for other design projects)

For ideas and directions for specific projects search the Internet for the succulent project you are interested in.

Beneficial Insects—Lacewings

Kathy Ikeda Master Gardener

We all know the feeling. As soon as you sit down to enjoy dinner in your outdoor space, the swarms of “pesky bugs” arrive! But before you break out the bug sprays and zappers, remember that some of those winged visitors deserve to be protected and encouraged to visit our gardens.

Beneficial insects play a vital role in a healthy natural ecosystem, and lacewings are in this category. Adult lacewings are small with slender bodies and four delicate wings. They are often seen in the evening and are attracted to patio and porch lighting, security lights, and bug zappers. [Green lacewings](#) (*Chrysopa* spp. and *Chrysoperla* spp.) are the most common, but [brown lacewings](#) (*Hemerobius* spp.) are also present in our area. Some lacewing adults feed on less desirable insects while others feed on nectar, pollen, and honeydew. The lacewing is also known as a stinkfly because it emits a disagreeable odor as a protective device.



Females lay their tiny, oblong eggs on silken stalks attached to plant tissues. These stalks protect the egg from predators and young larvae from eating each other after they hatch. Lacewing larvae (“aphid lions”) are not often seen, but they are some of the best predators to have in your yard. While you’re dining on your delicious meal, they are feeding on a host of garden pests including aphids, mealybugs, psyllids, thrips, mites, whiteflies, caterpillars, and eggs of other insects.



To encourage adult lacewings to visit your garden, incorporate some of the plants listed here into your garden. Lacewing eggs, larvae, and adults can also be purchased commercially; eggs and larvae are most cost-effective since they will stay near the area where they’re released.



Green lacewing larva feeding on an aphid.

Enjoy your outdoor autumn dining, and keep an eye out for those amazing lacewings!

Plants that attract lacewings

[Achillea filipendulina](#) Fern-leaf yarrow

[Anethum graveolens](#) Dill

[Angelica gigas](#) Angelica

[Anthemis tinctoria](#) Golden marguerite

[Atriplex canescens](#) Four-wing saltbush

[Callirhoe involucrata](#) Purple poppy mallow

[Carum carvi](#) Caraway

[Coriandrum sativum](#) Coriander

[Cosmos bipinnatus](#) Cosmos ‘White Sensation’

[Daucus carota](#) Queen Anne's lace

[Foeniculum vulgare](#) Fennel

[Helianthus maximilianii](#) Prairie sunflower

[Tanacetum vulgare](#) Tansy

[Taraxacum officinale](#) Dandelion

CA Native Plant Design (continued from page 1)

chemicals to maintain their natural beauty. You can become an observer of wildlife that thrive in areas where they can find their preferred native habitats. There's less work involved as you work *with* Nature rather than against the parade of insects and diseases that search out exotic plant species. Less definable but just as important is the sense of place that comes with a native plant garden.

There are some practical considerations before you begin your California native plant garden:

- Start by measuring and recording the dimensions of the area. If you're new to California natives, start small and be prepared to learn a lot. (A good resource for *how* to sketch out your plan can be found in *Designing California Native Gardens* by Glenn Keator and Alrie Middlebrook. This resource also includes excellent photographs and characteristics of plants you might want to consider.)
- Assess your garden's exposure to sun, shade, and wind, all of which can affect your success. ("Full sun" here in the Central Valley is very different from "full sun" in other regions.)
- Think about access pathways, seating areas, shade structures, etc. and how they can enhance your garden.
- Take the time to assess the condition(s) of the soil in the garden area. What might seem an impossible area might welcome some of the flora that thrived there ages ago.

Once you've taken these steps, the real fun begins. You can peruse the vast selection of plants to consider for your California native plant garden. In the hot Central Valley, you might not be able to include some of the coastal or woodland beauties you've always admired, but there are countless species that thrive in our area. Once you've selected plants appropriate for your space, you can:

- Create a planting plan using the plants most suited to your particular region.
- Plan and install irrigation. There's debate about whether to use drip or spray irrigation for California natives; your choice should be determined by your own research and preference. It's essential to pay close attention to the recommended watering regimen for the plants you choose, since a little water goes a long way for most California native plants. Beware, too, of neighbors' irrigation patterns and schedules, which could affect how much water your plants receive.

Membership in a Homeowner's Association (HOA) might affect where and how you plant your California natives, particularly in a front yard. Certain regulations with which you'll have to comply usually specify the amount of turf you must include, but they *can not* preclude using drought-tolerant natives in your garden design. It's best to check with your HOA for specific regulations in your neighborhood.



Epilobium canum

A major benefit of planting California natives is their ability to attract wildlife to an area. Studies have shown that even an isolated residential native plant garden can have a positive impact on the numbers and types of critters that appear in the garden ([National Wildlife Federation Biodiversity Research](#)). Imagine the enjoyment of seeing native bees at work in the midst of Cleveland sage (*Salvia clevelandii*); Anna's hummingbirds feasting on the nectar of California fuchsia (*Epilobium canum*); and painted lady butterflies flitting around California buckwheat (*Eriogonum fasciculatum*)!

This fall, as you plan changes in your garden, consider the beauty and benefits of California native plants. You'll be doing your part for water conservation, pesticide reduction, and the balance of nature.

For a sampling of CA Natives that grow well in San Joaquin County and suggested books and websites, please [click here](#).

Hummus versus Humus

Trish Tremayne Master Gardener

This morning while visiting the local farmers' market I stopped at a booth selling hummus, so I asked the gentleman what is the difference between hummus and humus? His answer: "They're the same thing." Holy hot sauce, I thought, if he doesn't know the difference then what about the general public, all those non-foodies and non-gardeners who roam this fine earth. That led to this article.

Hummus is a Middle Eastern food made from chickpeas, tahini, olive oil, lemon juice, salt and garlic. It is used as a dip for bread or vegetables. Hummus is high in iron and vitamin C, folate, vitamin B6, the amino acid methionine, and dietary fiber. Olive oil is a monosaturated fat that is heart healthy. When hummus is served with grains, normally in the form of pita bread, it makes a complete protein.



Humus refers to any organic matter that has reached a point of stability where it will break down no further. Humus significantly influences the texture of soil and contributes to moisture and nutrient retention. Humus can hold the equivalent of 80–90% of its weight in moisture, and therefore increases the soil's capacity to withstand drought conditions. The biochemical structure of humus enables it to moderate – or buffer – excessive acid or alkaline soil conditions. During the humification process, microbes secrete sticky gum-like mucilages. These contribute to the crumb structure (tilth) of the soil by holding particles together and allowing greater aeration of the soil. Humus allows soil organisms to feed and reproduce, and is often described as the "life-force" of the soil.



Hummus can contribute to dietary health and humus contributes to your soil's health, so let's indulge in both!



Useful Garden Websites

[San Joaquin County Master Gardeners](#)

Our site is full of information on gardening. We are continually adding information to this site. Have questions? We have answers!

[UC Weed Photo Gallery](#)

The UC IPM Weed Photo Gallery includes many, but not all, weed species commonly found in California farms and landscapes. Includes a key to identify the weeds you may have in your yard.

[Pollinator Partnership](#)

The Pollinator Partnership's mission is to promote the health of pollinators, critical to food and ecosystems, through conservation, education, and research. Includes planting guides searchable by zip code.

[Dave Wilson Nursery](#)

Thinking about planting a fruit tree? DWN has lots of info on rootstock varieties and descriptions of various types of fruit and nut trees that will grow in our area.

The Garden Gate - Local Garden Clubs

Growing Strong ... Part 3

Julie Hyske Master Gardener

Don't be misled! Getting taken "Down the Garden Path" will cause you no harm. This is the catchy name of the publication produced by the **Lodi Garden Club** and will help you with the questions and answers on, how *does* your garden grow. Being a member of a local garden club will not only provide you with the encouragement to transform your own yard into art, but your enthusiasm will spread to the beautification of your own community.



Lodi Garden Club field trip.

This year's theme for the Lodi club is "Find Beauty," and this is what the club seeks to create for their city by sponsoring Arbor Day programs with Vinewood Elementary students, Hill House Museum Christmas decorating, Hutchins Street Square planting and maintenance, the Micke Grove rose garden, gardening at the Lodi Lake entrance and butterfly garden, and various other service projects. Guest speakers inform and inspire. Workshops and field trips to gardens and nurseries bring hands-on applications to life. Clearly, the Lodi Garden Club has a longstanding history in sharing their talents with the community and looks forward to continuing to share as they grow. They undoubtedly "Find Beauty" through gardening, enhancing the joy it brings to their locality.

Similarly, the **Ripon Garden Club** has an established custom of service projects. They likewise participate in the Arbor Day tradition making a donation of a tree to the City of Ripon. The

group sponsors two scholarships to graduating seniors pursuing a career related to horticulture. Also, the club members encourage gardening at an early age through participating in elementary school gardens. An environmental element of attracting butterflies and birds has been planted at Stouffer Park by volunteers. Meanwhile, civic beautification is maintained at downtown locations featuring planted pots. This last month, the club had a "September Stroll" with a heritage focus on gardens in the core of historic Ripon.

A project that sets the Ripon club apart from other garden clubs is the "garden of the season." This project recognizes local residents and businesses for their outstanding landscaping. One business and residence are chosen for the spring, summer and fall. Winners display a sign in their yard exhibiting their award while promoting the Ripon Garden Club. Truly, among gardeners, a little competition embodies the spirit of gardening!

If you need a little motivation and have a desire to cultivate the garden within, contact your local garden club. They welcome new members and desire your participation in bringing beauty to our neighborhoods. From a small seed, great things grow!

Lodi Garden Club, Inc.
Area served: Lodi, Galt, Acampo, Clements, Lockeford, N. Stockton
Date of Inception: 1946
Membership: 98
Web link: www.CaliforniaGardenClubs.com/Lodi

Meetings: First Thursday of the month
Time: 11 a.m.- 2 p.m.
Location: Julia Harrison memorial Building, Micke Grove Regional Park



Ripon Garden Club
civic beautification

Ripon Garden Club
Area Served: Greater Ripon area
Web link: www.ripongardenclub.org/

Meetings: First Wednesday of the month
Time: 10:00 a.m.
Location: American Legion Hall 206 Stockton Ave. Ripon, CA

The Help Desk

Susan Price Master Gardener



If you have a
gardening
question, call
the Master
Gardeners
Tues-Thurs
9:00 am—noon
at 209-953-6112
or by e-mail
[anrmgsanjoquin
@ucanr.edu](mailto:anrmgsanjoquin@ucanr.edu)

How do I select and plant flower bulbs for spring blooms?

Fall is the perfect time to be thinking about planting bulbs. Come spring, you can have a dazzling display. Tulips, Narcissus (daffodils, jonquils, etc.) and hyacinth—all true bulbs—are just some of the possibilities. For best selection, choose plump, firm bulbs that feel heavy for their size; these tend to produce bigger and more abundant blooms. Avoid shriveled, soft or damaged bulbs.

Choose bulbs that grow well in your area and purchase as soon as they become available. If you can't plant right away, store in a cool, dark and dry place. Bulbs can be stored in the refrigerator for up to 6 weeks but be sure to keep them away from fruits, especially apples, whose chemical reaction can damage bulbs. Local nurseries carry only the most popular bulb varieties. For a more extensive selection, purchase from reputable mail-order nurseries. Many specialize in bulbs, or even a single bulb variety.

Plant your bulbs in soil with good drainage in full sun. After bloom, dappled shade is desirable in hot inland areas. This can be easily achieved by planting underneath high branching deciduous trees. If your soil has poor drainage, amend with compost or other rich organic matter before planting. Pre-moisten the soil prior to planting for good root development. Bulbs should be planted in a hole roughly 3 times their width, with the pointed end up and their root scars down. Typically, large bulbs (2" or more) are planted about 6-8" deep and 6-8" apart; smaller-size bulbs (approximately 1") are planted about 3-5" deep, 2-4" apart. Planting depths do vary so be sure to follow the specific planting instructions for the bulbs you've chosen. You can dig a trench for a planting bed or use a trowel or a bulb planter to make individual holes. Gently cover with soil, tamp down gently, and top with more soil. Top-dress with mulch to keep soil moist. Bulbs need water while they're actively growing, so provide irrigation until winter rains kick in. Make sure to water deep enough to penetrate the root zone.

There is some debate about the need for fertilizers at planting time, especially those added to the bottom of the planting hole. The International Bulb Society offers this guidance: If you're planting bulbs for only one year's blooms (as annuals) there is no need to fertilize. Bulbs already carry a season's supply of food stores. For bulbs that you intend to naturalize ("perennialize") for years to come, you have the following options: 1) Add a good organic compost or well-rotted cow manure worked into the soil when planting, and a mulch of this material; 2) add a slow release bulb food; or 3) add a combination of bone meal and an 8-8-8 or 10-10-10 (NPK), fast-release soluble fertilizer (about one tablespoon per square foot). If you choose to add bulb formulas or other fertilizers to the planting hole, be sure to dig them into the soil, well under the root zone prior to planting as they can burn the new roots.

Plant your flowering bulbs in groups, either in small clusters or drifts, for the most eye-catching display. Lay a bulb down here and there or scatter and mix, large with small, for a spontaneous, natural look. Flowering bulbs look wonderful in containers, either by themselves or partnered with annuals. Tulips and pansies make great companions. Plant as few as 6, or as many as 40 bulbs in a 16" wide pot for a knock-out display. You can mix and match or simply switch out pots as one group fades and another is in full bloom. To prolong the flower show, vary varieties to include early, mid- and late-season bloomers. Pay attention to plant heights as well. To maximize visual impact, place taller bloomers to the back or center and shorter ones to the front or outside.

Naturalizing bulbs such as daffodils, California native iris, Muscari (grape hyacinth), and "species" tulips, will give you many years of repeat blooms as long as you allow plants to die back naturally. This ensures that bulbs have sufficient stored nutrients to support next year's flowers. That means not removing your flowering bulbs' dead leaves and stems until they are completely dried out. Withered leaves can be easily hidden with strategically placed late spring and summer bloomers. The emerging foliage of annuals and perennials destined for late spring or summer bloom is enough to keep the garden in green splendor. Catmint, coneflowers, Veronica, daylilies and yarrow are just some of the plants that can take over the show, keeping your garden beautiful season after bulb-blooming season.

Recipes of the Season

Trish Tremayne Master Gardener

It's time to harvest pumpkins and pick apples. And since the weather is getting cooler it's nice to bake some treats for the family. Here are two cakes that are sure to please.

Sour Cream Pumpkin Bundt Cake

Streusel

1/2 cup packed brown sugar
1 teaspoon ground cinnamon
1/4 teaspoon ground allspice
2 teaspoons butter or margarine

Cake

3 cups all-purpose flour
1 tablespoon ground cinnamon
2 teaspoons baking soda
1 teaspoon salt
2 cups granulated sugar
1 cup (2 sticks) butter or margarine, softened
4 large eggs
1 cup pumpkin puree (when using fresh pumpkin, roast and puree first)
1 container (8 oz.) sour cream
2 teaspoons vanilla extract

Glaze

Combine 1 1/2 cups sifted powdered sugar and 2 to 3 tablespoons orange juice or milk in small bowl; stir until smooth.

Preheat oven to 350° F. Grease and flour a 12-cup Bundt pan.

For streusel:

Combine dry ingredients in small bowl. Cut in butter with pastry blender until mixture is crumbly.

For batter:

Combine flour, cinnamon, baking soda and salt in medium bowl. Beat granulated sugar and butter in large mixing bowl until light and fluffy. Add eggs one at a time, beating well after each addition. Add pumpkin, sour cream and vanilla extract; mix well. Gradually beat in flour mixture.

To assemble:

Spoon *half* of batter into prepared pan. Sprinkle streusel over batter, not allowing streusel to touch sides of pan. Top with *remaining* batter. Make sure batter layer touches edges of pan.

Bake for 55 to 60 minutes or until wooden pick inserted in cake comes out clean. Cool for 30 minutes in pan on wire rack. Invert onto wire rack to cool completely. Drizzle with glaze.



Apple Coffee Cake

Serves 9 – 12



2 1/2 cups flour
1 teaspoon baking soda
1 teaspoon salt
2 teaspoons cinnamon
1 cup oil
2 cups sugar
3 cups apple, cored, chopped
2 eggs
1 cup walnuts, chopped
1 teaspoon vanilla
Raisins (optional)

Preheat oven to 350 degrees. In large bowl, sift together dry ingredients. In another large bowl mix together oil, sugar, apple, eggs, walnuts, vanilla and raisins. Combine with sifted dry ingredients and mix well. Pour into a greased 9" x 13" glass baking dish. Bake 45 minutes or until a toothpick inserted in center comes out clean. Store uncovered.

Coming Events

Corinne Bachle Master Gardener

OCTOBER

Saturday, October 5th & 20th

UC Davis Fall Plant Sales

Saturday:

9:00-11:00: Members Only

11:00- 1:00: Open to the Public

Sunday, October 20:

9:00-1:00: Open to the Public

All sales are held at the [Arboretum](#)

[Teaching Nursery](#), Garrod Drive, UC Davis. Experienced gardeners will be on hand to help you choose the best plants for your garden design and conditions.

Friday through Sunday, October 11-13

Fall Home Show

(check website for times)

General Admission: \$6.00 (\$5.00 with can of food for Sacramento Food Bank & Family Services. Children 12 and under with Adult: FREE

[Cal Expo](#) Enter at East Gate. Show will be in the Pavilion.

<http://sachomeandgardenshow.net/fall>

Saturday, October 12

San Joaquin Master Gardener Workshop: Big Valley Winners

Learn how to choose plants that will do well in your backyard. Master Gardeners have picked some of their favorites for our area.

*Stockton/Lodi. See class information below.

Saturdays and Sundays, October 12-13, 19-20, and 26-27

Alden Lane Fall Festival

(check website for times)

Kick off the Fall Festival on October 12 & 13 with the Fall Rose Show. Public entries welcome. You can pre-order and prepay for your roses and enjoy a 20% discount on selections to be picked up in December. Also, from 11:00-4:00 both days, enjoy the Scarecrow Building Marathon. Frame and straw provided; you provide the garish creativity.

981 Alden Lane, Livermore
www.aldenlane.com

Saturday, Oct 12

Sheet Mulching and Composting Basics to Improve Soil Health

8:30

[Roseville Utility Exploration Center](#), 1501 Pleasant Grove Blvd, Roseville (916) 745-1550

Learn how to use sheet mulching to naturally recycle your unwanted lawn into rich compost for your new landscape. Follow simple steps to create a home composting system that will improve your garden soil throughout the year. Each participating family will receive a compost bin (truck, van, or SUV needed to transport).

Wednesday, October 16

Fair Oaks Horticulture Center Open Garden

10:00 – 1:00

Learn about growing cover crops. Get tips for protecting sensitive plants from frost damage.

11549 Fair Oaks Blvd., Fair Oaks

Saturday, October 19

San Joaquin Master Gardener Workshop: Big Valley Winners

Learn how to choose plants that will do well in your backyard. Master Gardeners have picked some of their favorites for our area.

** Manteca. See class information below.

NOVEMBER

Saturday, November 9

San Joaquin Master Gardener Workshop: What Went Wrong and How Do I Fix It?

We will discuss problems commonly found in the garden and solutions you can do to prevent them from returning.

*Stockton/Lodi. See class information below.

Saturday, November 9

Miniature Garden Workshop

Delta Tree Farms

10:00 – 12 noon

Learn how to build your own miniature garden. Small fee will be charged for supplies.

12900 N. Lower Sacramento Road, Lodi

Saturday and Sunday, November 9 & 10

Alden Lane Holiday Open House

Take a walk in a warm winter wonderland where sparkling birch trees, glittering pinecones and furry forest creatures are nestled in for winter. There is something for everyone this holiday season, including our fine feathered friends! Enjoy warm apple cider and cookies fresh out of the oven. Stroll through the Christmas Store and discover these fun themes: *Personalized ornament collection, cupcake tree, gardening tree, flower fairy ornaments, and pre-decorated mini trees.*

Saturday, November 16

San Joaquin Master Gardener Workshop: What Went Wrong and How Do I Fix It?

We will discuss problems commonly found in the garden and solutions you can do to prevent them from returning.

**Manteca. See class information below.

DECEMBER

No events to report for December

* Stockton/Lodi Classes

10:00 – 11:30

Classes are free

City of Stockton Delta Water Supply Project

11373 N. Lower Sacramento Road, Lodi
Class size is limited to 30. All participants must register by the Wednesday before the class at (209) 953-6100 to guarantee a seat

** Manteca Classes

10:30 – 12:00

Classes are free

Manteca Library

320 W. Center Street, Manteca

All participants must register a week prior to the class at (209) 953-6100

Garden Chores

(continued from page 2)

In November

Plant -

Put in transplants after a light rain during calm conditions to make digging easier and help roots with hydration. Plant seeds just before a light rain on a calm day.

Cool season annuals like calendula, Iceland poppy, snap-dragon and viola can still be planted.

Bulbs can still be planted. Choose those bulbs that are plump and firm, and rhizomes or corms that feel heavy. Avoid soft or shriveled bulbs. Plant your bulbs at least twice as deep as their height.

Plants that produce colorful red berries during the winter brighten your garden. Cotoneaster, toyon and pyracantha do well in our area.

Plant blueberries in acidic soil, preferably on the east side of a building for afternoon shade. They will succeed wherever you have azaleas that are doing well.



Maintenance -

Leave **dahlia** stems in place until spring. Some recommend cutting stems to about 3 inches and then covering them during the rainy season to prevent tuber rot. This seems like a lot of work when stems can be left unpruned so water doesn't invade easily.

Cover your frost-sensitive plants (being sure to keep covers from touching foliage) before sunset so that ground heat is preserved. Remove the covers during sunny days. Frost-sensitive plants include Hibiscus and Begonia.

Protect young vegetable seedlings by surrounding them with row covers and water-filled containers to provide these plants a warmer nighttime environment.

Keep container plants watered because moist soil retains heat better than dry soil. Remove saucers from under your containers so pots can drain during rain.

Water newly planted landscape plants, lawns, and vegetables if rain is infrequent.

Control earwigs and snails by reducing the dark, cool, moist places they favor and handpick or trap and eliminate them. Look for them under boards, pots, and broad leaf plants during the day.

Protect plants near your home from becoming waterlogged by extending rain gutters with flexible pipe.

Check outdoor faucets and fix any that are dripping. Wrap exposed portion of the water pipes to protect them during freezing weather.

Drain water from garden hoses and straighten them out to prevent cracking in the frost. Drain and turn off your irrigation system once the rainy season commences. Remove the batteries from your irrigation timer and store the timer for the winter.

Apply dormant sprays to fruit trees after pruning. Spray after a period of rain or foggy weather – not during or just prior to freezing weather. Your local nursery person can direct you to appropriate products for your particular fruit tree variety. Sprays are tree- and pest-specific. **Read labels and follow directions carefully.**

Lawns – Heavy dew on your established lawn every morning is usually enough water for November. Rake fallen leaves from your lawn regularly to prevent damage from lack of sunlight and to avoid contracting a fungus infection. Raked leaves can be added to your compost pile or used as mulch. Raking your lawn regularly will warm you up this month, is beneficial for your lawn, and causes less air and noise pollution.

December Notes

Plant -

Camellias are beginning to bloom now. It's a good time to select the color and bloom type you want to enhance a shady area.

Horseradish and rhubarb are available in local nurseries this month.

Acacia, columbine, flowering quince, foxglove, Gaillardia, Salvia, and winter Daphne are perennials to plant now and will bloom early in spring.



Bare root plants are arriving at nurseries. **Fruit trees**, grapevines, cane berries, **roses**, strawberries, artichokes, asparagus, and horseradish make nice gifts for family members who garden (or yourself). Boysen, Marion, and Olallie are blackberries that do well in the valley and should be available as bare root selections late this month. If you are going to add to or begin a rose garden, be sure to choose Grade 1 roses for vigorous first-year growth.

Garden Chores (continued from page 2)

Poinsettias received as a holiday gift need the foil surrounding the pot removed to avoid root rot. When selecting, choose one with an abundance of dark, rich green foliage that is undamaged, dense, and plentiful all the way down to the soil line. Display away from heater vents in a spot that gets bright, indirect light, or outdoors under an overhang next to the house. Temperatures below 45-50° F can damage plants. Water when the top of the soil feels dry to the touch. Poinsettias can thrive inside through the winter when placed in a warm, sunny location, out of drafts. Water your poinsettias weekly; feed them monthly through April, then transplant them outdoors.

Living plants that make good holiday gifts include herbs such as basil, lavender, lemon balm, marjoram, mint, oregano, parsley, rosemary, tarragon and thyme. All grow well indoors in a sunny window.



Maintenance -

Citrus trees can handle frost, but need to be covered in a hard freeze. Be sure your cover does not touch the leaves of your tree. Little, twinkling holiday lights will keep your tree warm and add sparkle to your winter garden.

Inspect your garden after storms for broken branches, overturned pots, and wind damage.

Clean, sharpen, and oil your pruners to be ready for the pruning season.

Clean and oil shovels, rakes, and other garden tools before putting them away for the winter.

Lawns will need little care in December. Use the time you would normally devote to your lawn to begin planning your spring garden.

Information for this article was gathered from:

www.ipm.ucdavis.edu
www.sunset.com/garden
www.farmerfred.com

San Joaquin Master Gardeners: *A Valley Gardeners' Journal*
Sacramento County Master Gardeners: *Gardening Guide*

UC Master Gardeners

2101 E. Earhart Ave., Suite 200
Stockton, CA 95206



Phone: 209-953-6112

E-mail: anrmgsanjoaquin@ucanr.edu

Web-site: <http://sjmastergardeners.ucdavis.edu>

[Find us on Facebook!](#)

Coordinator: Marcy Sousa, 209-953-6100

For nondiscrimination policy, [click here](#)



San Joaquin Master Gardeners

2014 Workshop Schedule

City of Stockton
Delta Water Supply
Project Building

January 11:
Behind the Greenhouse Door -

Creating the greenhouse that works for you.

February 8:
Veggies Gone Vintage -
Learn how to grow heirloom fruits and vegetables.

March 8:
Growing a Masterpiece Centerpiece -
From garden to vase, learn how to grow a cutting flower garden.

April 12:
Gardening For Life -

Tips and tricks to gardening in your "golden years."

May 10:
Picked at its Prime -

Ever wonder how to pick a fresh melon and the best way to store tomatoes?

June 14:
Bees Wanted -
Creating a buzz-worthy garden.

July 12:
Seed Envy -
How to collect and store seeds to use in next year's garden.

August 9:
Made in the Shade -
It is possible to have a successful shade garden, even in our climate.

September 13:
Art of Floral Design -

Learn how to make beautiful floral arrangements for yourself and as gifts.

October 11:
Gardening Tool Box -

Discover great gardening websites and resources that are available to add to your virtual tool box.

November 8:
Pruning With a Purpose -

Winter pruning chores.

December:

No class. Happy Holidays!

Classes will be held at the
City of Stockton Delta Water Supply Project

11373 North Lower Sacramento Road • Lodi, CA 95242

Classes begin at 10:00 am and end at 11:30 am.

Class size is limited to 30. You will need to RSVP by the Wednesday before the class to attend the workshop. Please call (209) 953-6100 to guarantee your seat.





San Joaquin Master Gardeners 2014 Workshop Schedule

Manteca Library

Time 10:30 am -12:00 pm

January 18:

Behind the Greenhouse Door -

Creating the greenhouse that works for you.

February 15:

Veggies Gone Vintage -

Learn how to grow heirloom fruits and vegetables.

March 15:

**Growing a Masterpiece
Centerpiece -**

From garden to vase, learn how to grow a cutting flower garden.

April 19:

Gardening For Life -

Tips and tricks to gardening in your "golden years."

May 17:

Picked at its Prime -

Ever wonder how to pick a fresh melon and the best way to store tomatoes?

June 21:

Bees Wanted -

Creating a buzz-worthy garden.

July 19:

Seed Envy -

How to collect and store seeds to use in next year's garden.

August 16:

Made in the Shade -

It is possible to have a successful shade garden, even in our climate.

September 20:

Art of Floral Design -

Learn how to make beautiful floral arrangements for yourself and as gifts.

October 18:

Gardening Tool Box -

Discover great gardening websites and resources that are available to add to your virtual tool box.

November 15:

Pruning With a Purpose -

Winter pruning chores.

December:

No class. Happy Holidays!



**Classes will be held at the
Manteca Library**

320 W. Center Manteca, CA 95336 • (209) 937-8221

Classes begin at 10:30 am and end at 12:00 pm.

Classes are free.

All participants must register a week prior to the class at (209) 953-6100.

Public **L**ibrary
STOCKTON • SAN JOAQUIN COUNTY
connecting people & ideas

Eating on the Wild Side - Links and extra information.

If you have a
gardening
question, call
the Master
Gardeners
Tuesday-
Thursday 9:00
am-12:00 pm
at 209-953-
6112 or by
e-mail
[mgsanjoaquin
@ucdavis.edu](mailto:mgsanjoaquin@ucdavis.edu)



12 TERRIFIC TIPS

for getting the most flavor and nutrition from the fruits and vegetables you love!

- Tearing Romaine and Iceberg lettuce the day before you eat it quadruples its antioxidant content.
- The healing properties of garlic can be maximized by slicing, chopping, mashing, or pressing it and then letting it rest for a full 10 minutes before cooking.
- The yellowest corn in the store has 35 times more beta-carotene than white corn.
- Cooking potatoes and then chilling them for about 24 hours before you eat them (even if you reheat them) turns a high-glycemic vegetable into a low- or moderate-glycemic vegetable. Paradoxically, combining potatoes with oil (French fry alert!) helps keep them from disrupting your metabolism.
- Carrots are more nutritious cooked than raw. When cooked whole, they have 25 percent more falcarinol, a cancer-fighting compound, than carrots that have been sectioned before cooking.
- Beet greens are more nutritious than the beets themselves.
- The smaller the tomato, the more nutrients it contains. Deep red tomatoes have more antioxidants than yellow, gold, or green tomatoes.
- The most nutritious tomatoes in the supermarket are not in the produce aisles—they are in the canned goods section! Processed tomatoes, whether canned or cooked into a paste or sauce, are the richest known source of lycopene. They also have the most flavor.
- Storing broccoli wrapped in a plastic bag with tiny pin pricks in it will give you up to 125 percent more antioxidants than if you had stored the broccoli loosely wrapped or in a tightly sealed bag.
- Canned or jarred artichokes are just as nutritious as fresh.
- Thawing frozen berries in the microwave preserves twice as many antioxidants and more vitamin C than thawing them on the counter or inside your refrigerator.
- Ounce per ounce, there is more fiber in raspberries than bran cereals.



LITTLE, BROWN AND COMPANY
Hachette Book Group

littlebrown.com

The Missing Link to Optimum Eating	Lockhart – The Mother of All Seed Stores
Not all fruits, vegetables created equally, author says	Lockhart Seeds of Stockton California
Eat Wild – Getting Wild Nutrition from Modern Food	San Joaquin County Crop Report 2012
Eating on the Wild Side: - Jo Robinson	Vegetable Planting Guide – UC Davis Plant Sciences
Amazon Website – Book information	Storing Fruits and Vegetables for Better Taste

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San Joaquin
County
Robert J Cabral
Agriculture Center,
2101 East Earhart
Avenue, Suite 200
Stockton, CA
95206

MASTER FOOD PRESERVER WORKSHOP & FUNDRAISER

NOV 30TH, 2013
9AM - 2PM

Also Learn
About:
Food Safety
Canning
Protocols And
More!



Sign up online at
[http://cestanislaus.
ucanr.edu/](http://cestanislaus.ucanr.edu/)

Information:
Terri Spezzano
209-525-6825



UC
CE

Got Drugs?



Law enforcement agencies throughout San Joaquin County will be hosting collection events on **October 26, 2013**.

Prescription drugs and medical sharps will be accepted.

Prescription drugs and medical sharps are accepted from County residents for FREE at the San Joaquin County **Household Hazardous Waste (HHW)** facility.

Find directions and hours of operation at:

www.SJCreycle.org

- Unused or expired prescription medications are a public safety issue, leading to accidental poisoning, overdose, and abuse.
- Pharmaceutical drugs can be just as dangerous as street drugs when taken without a prescription or a doctor's supervision.
- The non-medical use of prescription drugs ranks second only to marijuana as the most common form of drug abuse in America.
- The majority of teenagers abusing prescription drugs get them from family and friends – and the home medicine cabinet.
- Unused prescription drugs thrown in the trash can be retrieved and abused or illegally sold. Unused drugs that are flushed contaminate the water supply. Proper disposal of unused drugs saves lives and protects the environment.

LATHROP

CITY HALL, 390 TOWNE CENTRE DR. (NO MEDICAL SHARPS)

LINDEN

LINDEN ELEMENTARY, 18100 E. FRONT ST. (NO MEDICAL SHARPS)

LODI

POLICE DEPARTMENT, 215 W. ELM ST. (SHARPS ACCEPTED)

MANTECA

POLICE DEPARTMENT, 1001 W. CENTER ST. (SHARPS ACCEPTED)

MOUNTAIN HOUSE

COMMUNITY CENTER, 230 S. STERLING DR. (NO MEDICAL SHARPS)

RIPON

POLICE DEPARTMENT, 259 N. WILMA AVE. (SHARPS ACCEPTED)

STOCKTON

ARNOLD RUE COMM CENTER, 5758 LORRAINE AVE. (SHARPS ACCEPTED)

GARDEN ACRES COMM CENTER, 607 S. BIRD ST. (NO MEDICAL SHARPS)

RITE AID, LINCOLN CENTER SOUTH, 6455 PACIFIC AVE. (NO MEDICAL SHARPS)

UNIVERSITY OF THE PACIFIC, 757 BROOKSIDE RD. (SHARPS ACCEPTED)

TRACY

CITY HALL, 324 E. 11TH ST. (SHARPS ACCEPTED)