

# Garden Notes

with the San Joaquin County  
Master Gardeners



JANUARY - MARCH 2014

## San Joaquin County Master Gardeners

### Happy New Year!

Marcy Sousa Master Gardener Coordinator

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Happy New Year! This year marks four years since we sent out our first Garden Notes issue. This publication has evolved into something that our program is quite proud of and that we hope you enjoy! As we go into our fifth year of publication, we are polling our readers for feedback. Our goal as Master Gardeners is to provide timely, meaningful, and useful information pertinent to our San Joaquin County gardeners. Please [click here](#) and take this brief survey. It is only seven questions and should only take a few minutes. **Respond by January 25, 2014, and you could be one of three winners of a Master Gardener Garden Journal valued at \$20.00!**

This year also marks the seventh anniversary of the Master Gardener Program in our county. We started off with less than 30 volunteers and now we have trained over 150 people. Master Gardeners have volunteered over 22,000 hours since July of 2007 on various projects in the County.

We held another Master Gardener training in 2013 and 50 volunteers graduated from the program. Our Saturday workshops in Stockton/Lodi and Manteca will bring you 11 new topics in 2014. You can find the full schedule at the end of this newsletter.

We are busy planning a May garden tour that we are sure you will enjoy. More information will be coming soon for that event.

Master Gardeners are eager and available to answer your gardening questions. The office is open Tuesday, Wednesday and Thursday from 9:00 am—Noon. You can contact us at 953-6112. I hope you enjoy this edition of our newsletter. Happy Gardening!

### The Nutritious Garden

Trish Tremayne Master Gardener

While all vegetables are worthy additions to any garden, some offer so much flavor and nutrition they stand above the rest. Swiss chard and arugula are two examples.

#### Swiss chard

Chard is a vegetable power house. I keep it growing year round and can't imagine a garden



without this gorgeous plant. In the same family as beets, this nutrient dense plant is high in fiber, calcium and potassium. A cup of cooked chard has an amazing 10,000 IU's of Vitamin A. It is high in beta-carotene and has 19,000 micrograms of lutein and zeaxanthin. Both vitamins are important for eye health.

One of the primary flavonoids found in chard is one called syringic acid.

# 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!



Winter is the time to plan and invest time in garden maintenance for spectacular results.

## January ideas:

### Plant –

**Bare root roses** and **fruit trees** are available in your local nursery for planting now. Bare root plants are less expensive than they will be in a couple of months when they have been potted. Planning your spring and summer garden while you leaf through seed catalogs will make planting easier when the weather warms.

**Camellias** in nurseries are in bloom now; choose one that catches your eye. Don't let the flower color alone determine your choices though; before purchasing a plant, make sure it's healthy and its leaves are lush and green. Avoid plants that have pale leaves, overly leggy growth, or roots protruding through drain holes.

**Japanese maples** (*A. palmatum*) are available in nurseries now. These trees come in many varieties, including ones with deeply cut leaves or variegated foliage. They can range in height from 5 to 20 feet and should be protected from the wind. Sun tolerance varies by species.

**Determine the mature size** of plants you are adding to your landscape so that you allow sufficient space when placing it in your garden. If the area looks sparse now, you can fill in with some annuals or small perennials that can be relocated later.

### Maintenance –

**Sharpen pruning tools.** January is a great time to prune vines, **fruit** and shade trees, **grapes** and **roses**. They all benefit from a pruning to remove dead, diseased, and broken branches, which will open their framework to the sun and improve air circulation. Disinfect your pruning tools as you work with a ten percent bleach-to-water solution to prevent the spread of disease. Oil your tools immediately to prevent rust. You can also wipe

your tools with rubbing alcohol as you go, and/or submerge and soak them for 1 minute between uses. Be sure to dry them with a clean rag and oil them after soaking. Keeping Lysol spray in your garden tote and spraying your tools each time you move to a new plant or tree will also work to keep your pruning tools disinfected.

**Rake** and discard all the fallen leaves around your rose bushes which may be harboring next season's pests.

**Remove** all **mummified fruit** from your fruit trees, as well as any fruit or leaves still on the ground to discourage pests and diseases. Apply dormant oil sprays to control pests as well as disease- and infection-specific dormant sprays if needed. Dormant sprays are labeled for specific diseases or pests as well as for the recommended amount and frequency of spraying. **Please read labels carefully.** You'll get the best results from spraying after rain or foggy weather and not during or just prior to freezing weather.

**Mulch** around your plants at least as far as the drip, but not near the trunks. This will discourage weeds, prevent soil erosion and help regulate soil temperature.

**Work compost** into the soil around your plants and continue or start a composting pile for your spring and summer gardens.

**Use a balanced fertilizer** for winter-flowering plants to keep them blooming in these cold months. Among those that should be fed: primroses, stock, calendula, snapdragons, poppies, pansies and violas. Potting a few of these will add a splash of color to your porch or patio.

**Check** under pots, wood, benches and pavers for **snails and slugs.** Dispose of these pests when you find them.



[Cont. pg. 14](#)

# Lockhart Seeds, a Unique and Special Place!

Lynne & Bill Gowdy Master Gardeners

From the instant you walk through the doors of Lockhart Seeds, you know that it is someplace special and a one-of-a kind treasure for Northern California and far beyond. Lockhart Seeds is truly a Stockton landmark with a long and fascinating history. It is located at 3 North Wilson Way in the heart of old Stockton. The business began as the Silva-Sackett Seed Company in the 1920s. In 1935, it was purchased by Reed Lockhart and then sold to his brother Ian Lockhart, Sr. in 1948. In 1990, Ian Lockhart, Jr. bought the store from his father. Steve Auten is the Retail Manager and has been part of the “Lockhart family” for more than 30 years.



Lockhart is the last store of its kind in California. It is unique because it services home gardeners and large commercial farmers in every quantity imaginable. Around 70% of their sales are to large commercial growers in Northern California. They also have smaller customers in far away places such as Guam, Australia, New Zealand and Mexico. They sell all quantities from an ounce to a full pallet. They supply hybrid, heirloom, and certified organic vegetable seeds, but no genetically modified seeds.

Visitors travel back in time as they enter the quaint and inviting white-and-red brick store with its logo of a combination heart and lock. At certain times of the year, metal benches hold flats of vegetables, boxes with bundles of onion sets, artichoke roots, asparagus roots, or strawberry plants.

One of the first things you notice is the old wooden floor, a long oak counter and massive oak seed chest filled with seed bin drawers. Every drawer has a bright and colorful picture label of the seeds inside. These drawers are filled with potential and promise for farmers and home gardeners alike. Lockhart has a huge selection of more than 400 different varieties of vegetable seeds in stock. Their seed drawers and catalog feature abundant varieties of every kind of vegetable seeds, oriental vegetable seeds, lawn mixtures, pasture mixtures, grasses, legumes, cover crops, herbs and flower seeds. Lockhart also supplies rare seed by request. One recent such request was for “Egyptian Walking Onions,” which are sets of perennial onion bulbs that reseed themselves by spreading. Rare seed searches for customers are completed as time permits.

Farming and gardening implements line the walls everywhere and include sprayers, spreaders, and hand-push seeders. Other walls and display carousels are filled with unusual seeds in small packages. Plastic buckets are filled with one-pound bags of the most popular seeds. There are shelves containing heated germination kits, germination trays and planting flats. Lockhart has everything that gardeners need to be successful: potting soils, fertilizers, sprayers, insecticides, hoses and tools of every kind.

The walls of Lockhart are also covered with memories. Historic advertising plaques in every color, shape and size decorate the walls. Collectibles are displayed around the store to remind us of decades past. There is even a can of tomato seeds to remind us that seeds didn’t always come in paper packets or plastic bags.

Lockhart Seeds is an old time, hands-on business where customer service is important. The staff is friendly, knowledgeable and ready to provide advice and resources to make growing experiences successful. Lockhart also has an eye towards current and future trends. The trend towards healthy lifestyles, gardening and growing your own fruits and vegetables is in evidence everywhere. Home gardening not only provides families with delicious and nutritious foods, but is also a pleasurable pastime. If you love to grow your own vegetables, fruits, herbs and flowers, you will find Lockhart a valuable resource of high quality, reliable products.

We made our own slideshow from our visit. [It can be found here](#). Click on the links below to view other images, articles, and videos of Lockhart Seeds and then enjoy a visit to this fascinating Stockton landmark! Lockhart is located at 3 N. Wilson Way, Stockton. They are open Monday through Friday from 8 A.M. to 5 P.M. Lockhart publishes a comprehensive catalog and price list that is free and available at the store. For additional information phone Lockhart Seeds at (209) 466-4401. Please note: “Garden Notes” does not make a practice of featuring articles on specific local businesses. This article was included because of Lockhart’s uniqueness and historical interest.



[Seed store a fixture and a rarity -- YouTube](#)

[Lockhart – The Mother of All Seed Stores](#)

[Lockhart Video](#)

## Damping Off & Citrus Leafminer

Steve Sanguinetti Master Gardener

# 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 webpage and learn more about that topic!



### Damping Off

In the field, garden, or planter box, seedlings often fail to come up, or die soon after they have emerged from the soil. Seeds may rot before they germinate, shoots may be decayed before they emerge, or stems of seedlings may be attacked near the soil line, causing young plants to collapse. These diseases often are collectively referred to as "damping off," and may be caused by a number of soil-inhabiting pathogens.

Damping off is controlled primarily through good sanitation, high quality planting material, and proper cultural and environmental controls. Plant when temperatures are favorable for rapid seedling growth. Shallow planting will speed up germination outdoors if conditions are marginal. Planting too deeply can delay germination and emergence of the seedling and increase damping off problems. Sanitation is important because spores of the organisms that cause damping off can survive in dust, planting medium, or soil particles in flats and pots. To kill the pathogens,



remove and discard diseased plants and sterilize containers.

For more information click on the link: [Damping off in the garden](#).

### Citrus Leafminer



Citrus leafminer larvae feed by creating shallow tunnels, or mines, in young leaves of citrus trees. The

pest is most commonly found on citrus (oranges, mandarins, lemons, limes, grapefruit, and other varieties) and closely related plants (kumquat and calamondin). Citrus leafminer, *Phyllocnistis citrella*, was not found in California until 2000 when it was first detected in Imperial County. It soon spread to adjacent counties and continued to move northward.

On mature backyard citrus trees, citrus leafminer rarely causes serious damage and management is normally limited to practices that limit succulent growth and protect natural enemies. Very young trees are more vulnerable to injury and insecticide treatment may occasionally be justified. However, available insecticides for backyard trees are not very effective and many products leave residues that kill natural enemies, compounding problems.

For more information on this pest, click on the link: [Citrus Leafminer](#).

## Creeping bentgrass

Creeping bent grass, *Agrostis stolonifera*, is a specialty cool season grass which can be desirable on golf greens where it can be appropriately maintained. However, for most aesthetically attractive lawns it is an undesirable invasive which is more subject to disease and undesirable unevenness of lawn color and texture. Cultural practices that reduce its growth are appropriate: deep infrequent irrigation, higher mowing levels and dethatching or frequent raking of lawn. There is a selective herbicide, Syngenta Tenacity, available to specifically control creeping bent grass, but it is not generally available to unlicensed individuals. For information on bentgrass, [click here](#).



## Golden Chain Tree

### Golden Chain Tree—*Laburnum* spp. Family Fabaceae (Pea family)

Golden Chain tree is a deciduous tree or shrub. Leaves are bright green and are divided into three leaflets. Clusters of yellow pea-shaped flowers bloom in mid to late spring. The bark is green. Seed-pods, and other parts, are poisonous if ingested.

Golden Chain Trees are planted in lawns or in borders. They do well in full sun but require afternoon shade in very hot climates. Provide moderate to regular amounts of water, and make sure soil has good drainage. Prune after bloom, and remove dead or crowding branches. Remove seed-pods. For more information, [click here](#).



UC Statewide IPM Program  
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### 'Pink Frost' Lenten Rose or Hellebore— *Helleborus x ballar- diae*

'Pink Frost' Lenten rose blooms late in winter, bearing nodding, 2-inch flowers. Burgundy stems

support leathery leaves with a silver frosting. The flowers are a combination of white, pink, and deep rose tones and are upward facing - unusual for a hellebore. 'Pink Frost' is evergreen, long blooming, and deer resistant too! This plant reaches 12-15 in. tall and 24 in. wide. It makes a superb groundcover and choice perennial for shady borders.

The Lenten rose is a great plant for the woodland environment, it dislikes summer heat, so avoid afternoon sun. Once established, do not move as it is slow to re-establish. Blooms late winter or very early spring.

Grow Lenten rose in a spot that receives winter sun but is later shaded by deciduous trees or shrubs. It prefers rich, well-amended, neutral to alkaline soil. Don't fertilize more than once or twice a year.

Lenten rose can be divided, but doing so is not recommended, since divided plants take several years to recuperate. However, plants self-sow readily — so to gain additional plants, simply let spent flowers go to seed.

## Nandina

'Nandina domestica,' commonly known as nandina, heavenly bamboo or sacred bamboo, is a species of flowering plant in the family Berberidaceae, native to eastern Asia from the Himalayas to Japan. It is a broadleaf, evergreen shrub that is ornamentally grown for its interesting foliage and its often spectacular fruit display. It is a slow to moderate growing plant, growing 6–8 ft. tall and 3–4 ft. wide. Old clumps may be wider than tall because of slow, steady spread by suckers. There are many new cultivars with different leaf shapes, color combinations and forms.

It is easily grown in average moisture, well-drained soils in full sun to part shade. It has some tolerance for full shade, but foliage often grows best in full sun with some afternoon shade. It tolerates a wide range of soils, but prefers moist soils rich with humus. Best fruiting occurs when grown in groups. Single specimens may fruit poorly. Leaves are divided into many 1–2-in. leaflets shaped like pointed ovals. Foliage emerges pinkish and bronzy red, then turns to soft light green; it takes on purple and bronze tints in fall and often turns fiery crimson in winter, especially in a sunny location and with some frost. Nandina has pinkish-white or creamy white blossoms which emerge in loose, erect, 6–12-in. clusters and bloom at branch ends in late spring or early summer.





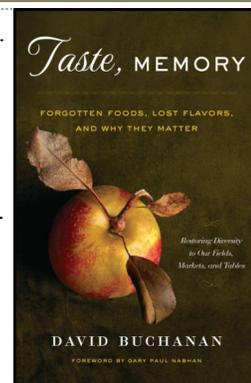
## Growing Knowledge

### Useful Books and Websites

Lee Miller Master Gardener

*Taste, Memory, Forgotten Foods, Lost Flavors, and Why They Matter.* David Buchanan, paperback. 2012. Chelsea Green Publishing, White River Junction, Vermont. 224p.

In an age when so many species of wildlife are facing extinction as a result of human numbers and follies, we tend not to think about the loss in the biodiversity of food tastes. David Buchanan reminds us of the diminished biodiversity in our diets and choices in food in this delightful read. In the beginning of the book he describes the role he and others assume as members of Slow Food's USA's Ark of Taste Committee. He describes a meeting at a New Hampshire Bistro which assembled people from all over the US, with one commonality—a passion for food. Several are chefs; some are heritage food growers like the author. They review nominations of many vegetable, grain, fruit and meat candidates to make it onto the Ark of Taste. The mission of the Ark of Taste is to identify and preserve forgotten flavors from around the world. Some threats to taste are industrial standardization, hygiene law requirements, regulations of large scale distribution systems and environmental damage.



On this date, the group reviewed the history, nomenclature and taste of Chelsea watermelon which originated in Czechoslovakia, smoked Lake Michigan whitefish, Burford pears, Macomber Rutabaga, Bodega Red potato, 3 types of Mayhaw jelly, Newton Pippin apple, Turkey and Sonoran wheat, and several New Mexican chiles, to name a few.

The author describes in more detail the background information on some of the nominees and his history of the Harrison apple was interesting to me. Once upon a time, it was a common apple for cider in New Jersey, which in colonial times was a major cider producing area before the beer era arrived. Scions taken from the last two known ancient trees saved this cultivar from extinction. It is a great cider apple and efforts are being made to grow it for renewed cider production in Virginia. Tasting cider from this apple at this meeting changed the author's life direction and work.

In other segments of the book, the story is pretty much the odyssey of this man as he searches for a place in the world to make a difference. Early on, he works for low wages on a farm in Washington to discover what low-wage farm workers have to put up with. It is not a good experience and he makes the case that we just don't pay enough for fruits and vegetables in this country to help these wage earners. Spending on booze and health care is 6 and 7 times respectively more than we spend on fruits and vegetables.

His efforts to help campesinos in Argentina establish a community school garden was an education in how good USA gardeners have it. He had little or no access to open-pollinated seeds, plants and tools necessary to make a viable school garden in a small community of displaced farmers near Buenos Aires. The garden was to be established on a horse-compacted acre of ground next to the school. He learned that meat is a dominant food in the land of the vaqueros and vegetables are not as highly prized. There was a dearth of gardeners with knowledge of vegetable growing. On top of that, he had to worry about being kidnapped and held for ransom. Nonetheless, he started a garden and after returning to the states, forwarded seeds to his Argentine friends for their next garden.

He settles near Portland, Maine, and develops a small nursery for heirloom plants and farms on a small scale for farmers' markets. In the process, he collects over three hundred heirloom seed varieties, many from interactions with members of the Seed Savers Exchange. It is a good lifestyle made possible in part by his supportive wife working a day job. He grows many heirlooms for the farmers' market and describes which ones failed due to Maine's seasonal aberrations, and which ones succeeded and tasted fantastic.

He begins to look for a larger farm to grow an orchard and finds one that he likes, only to discover that soil levels of the long-lived pesticide, Dieldren, are way above those permissible in produce. For an organic farmer to deal with such a complex issue through soil remediation was beyond what he was willing to tackle. He ends up staying with his small scale operation in the Portland suburbs. These are just a few of the highlights of a book that has much to offer anyone with interests in fruit exploration, farmers' markets, community gardens, heirlooms, seed saving, food flavors and much more. It is an inspiring read.

# Beneficial Insects—Native Bees

Kathy Ikeda Master Gardener

As residents of one of the world's most productive agricultural areas, most of us are accustomed to seeing stacks of beehives in local orchards and farmland. San Joaquin County's farmers rely on imported European honeybees for the successful pollination of valuable local crops. However, recent research has established the crucial role played by our native bees.

Wild bees include social (hive-building) species such as bumblebees, and solitary bees such as mason bees, leafcutting bees, and other specialist bees. They have been found to pollinate crops up to **two times** as effectively as honeybees. Honeybees can supplement but not replace wild pollinators. Furthermore, [colony collapse disorder](#)—the sudden and dramatic die-off of honeybee hives—is becoming an increasing problem, making preservation of native bees an important consideration for commercially viable agriculture as well as a healthy ecosystem.



Urban/suburban homeowners, rural residents, and the farming community can help sustain native bee populations by:

- Landscaping with a variety of ornamental and/or native plant species. Some specialist bees prefer a single type of plant, and all bees need large quantities of pollen to reproduce.
- Providing appropriate bee nesting habitat. Roughly 70% of solitary bees nest in the ground, and need soil that is completely or mostly bare (not heavily mulched). Wooden bee houses can be built for cavity-nesting bees. See page 9.
- Maintaining buffers of high-quality habitat and native vegetation near farms, or planting hedgerows with diverse plant species.
- Implementing methods to reduce detrimental impacts of monoculture farming.
- Reducing or eliminating the use of broad spectrum and systemic insecticides, which can harm all types of bees.

California has approximately 1,600 native bees species, in many shapes, sizes, and colors! Watch for them in your neighborhood.

For more information: Article, "[Native bees are a rich natural resource in urban California gardens](#)"

[The Xerces Society](#)

[U.C. Davis Dept. of Entomology, Laidlaw Facility/Native Bees](#)

[U.C. Berkeley Urban Bee Lab](#)

## 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!

### Water use planning tool

Provides a guide to estimating irrigation water needs of landscape plantings in California by region. You can create plant lists using 12 different search criteria. Uses WUCLOS.

### Holiday Tree Recycling:

Website contains locations to recycle Christmas trees in Stockton, Tracy, Lodi, Manteca, Ripon, Lathrop, Escalon and San Joaquin County.

### Electronic Recycling:

Locations to recycle electronic devices throughout SJ County free of charge. Includes TVs, computers, holiday lights, telephones, printers, radios, cell phones and more.

## The Nutritious Garden (continued from page 1)

For more information on nutritional benefits and the history of various vegetables, visit the UC Good Life Garden website by [clicking here](#).



Syringic acid has been found to help regulate blood sugar and has been shown to inhibit activity of an enzyme called *alpha-glucosidase*. When this enzyme gets inhibited, fewer carbs are broken down into simple sugars and blood sugar levels stay stable. With chard's good supply of calcium, magnesium and Vitamin K, it helps maintain bone health.

Plant seeds in spring in fertile soil and cover with light mulch once the seeds germinate. I soak the seeds in water prior to planting; it seems to help them germinate. Snails and slugs like the leaves so use iron phosphate (Sluggo) to keep them in control. Thin the plants to stand about 18" apart. The "thinings" can be used in salads. Do not let water hit the leaves while irrigating so that you will not encourage downy mildew. As it grows, the outer leaves can be picked allowing the plant to continue growing. In this way, a few Swiss chard plants can give you a supply of greens all season long.

Like a coat of many colors, the variety 'Bright Lights' is a beautiful plant. It has large green leaves with stems that come in red, magenta, yellow, white, orange or cream. 'Rhubarb' chard makes a beautiful backdrop for white pansies in your winter edible garden. Enjoy both the beauty and health benefits of this vegetable.

### Arugula

Arugula, also called roquette, Italian cress, or garden rocket, is a nutrient-rich member of the *Brassicaceae* family. The oak-shaped leaves of this herb have a peppery taste that adds interest and makes a tasty addition to salads and sandwiches. It can also be added to hot pasta dishes and soups.

Like other cruciferous vegetables, it is high in the antioxidants vitamins A, C, and K. It's a good source of carotenoids that help fight macular degeneration and aid in overall eye health. It also contains the minerals calcium, phosphorous, potassium, magnesium, manganese, zinc, iron and copper. Arugula contributes to bone health by having a lower level of oxalates, making its calcium content easier for the body to absorb. All this goodness while being low in calories makes arugula a good substitute for iceberg lettuce and a great addition to your meals.

Arugula is easy to grow. It likes cool weather and will sprout when the soil temperature is between 40 to 55 degrees. It likes full sun, but will tolerate partial shade.

Choose a weed-free area of the garden, incorporate a thin layer of compost, then broadcast the seeds. Cover the seeds with 1/8" of soil, pat it down with your hand and water lightly. Keep evenly moist and seeds will sprout in 3-10 days. They can also be planted in a large pot if a garden plot is not available. In about four weeks, you will have greens ready to cut. Cut them to about an inch above the soil line and in a few weeks they will be ready to cut again. Depending on the weather, you should be able to harvest greens several times before they want to go to seed.



Another option would be to sow the seeds as above and then thin the plants to about 4 inches apart. With this method, you can harvest the larger outer leaves by pinching them off close to their base. Doing this on a regular basis will also give continuous supply of leaves until the plants bolt. Few insects bother this herb, but occasionally flea beetles will cause cosmetic damage to the leaves by chewing tiny round holes in the leaves. If the holes bother you, use netting to cover the plants and keep the beetles away.

Swiss chard and arugula: two vegetable powerhouses that are easy to grow and packed with nutrition.

## Building a Home for Native Bees

Julie Schardt Master Gardener

Native bees are the undisputed masters of pollination. In California, we're fortunate that approximately 1,600 of North America's 4,000 native bee species call our state home. They are our most effective pollinators and are an essential part of a larger ecosystem. Like the imported European honeybee, however, our native bees face some challenges that threaten their numbers. These include habitat loss, indiscriminate pesticide use, and the lack of diverse plant communities to sustain their lifestyle.

As gardeners, we can take a few simple steps to help remedy the challenges faced by these garden helpers. Providing bee-friendly plants, water, and shelter are a few. One way to be proactive is to provide nesting places for some of the many species of native bees that can be found in our own Central Valley.



### Ground-Nesting Bees

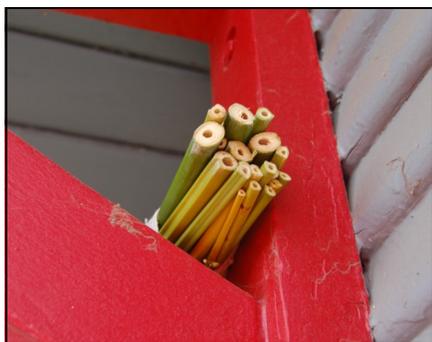
Most native bees are solitary and nest in the ground. The females dig tunnels to create their "brood cells" where they store nectar and pollen. Give them access to the soil surface in your yard to help them establish their nests. Select a sunny, well-drained and mulch-free spot in the garden. Slightly compact the bare soil in an area a few inches to a few feet in diameter. If you are lucky, early spring should see some interested native bees seeking a nesting area.

Among California ground-nesters are bumble bees which are essential for pollinating the tomatoes in your garden. They prefer to move into abandoned mouse holes, but will also burrow under grassy clumps. Although you can build a bumble bee nesting box, the potential inhabitants are picky and will probably not choose to live in a human-constructed shelter. Instead, consider planting some native grasses such as deer grass (*Muhlenbergia rigens*) and California fescue (*Festuca californica*) that can be left undisturbed where the bumble bees can nest.

### Wood-Nesting and Cavity-Nesting Bees

Some California native bees are solitary wood-nesters who seek old logs or wood stumps where beetles have previously built tunnels. Place a few beetle-riddled logs or stumps in your yard in a sunny area to attract carpenter bees as well as other helpful species. Encourage more bees to nest by drilling a range of holes 1/4" in diameter and 3-5" deep on the north-facing side of the log.

Other options, artificial nests made of wood blocks or bundled hollow sticks, are relatively simple to make. Drill abundant holes of the right size into an untreated block of wood to entice wood- and cavity-nesting bees. Cut a handful of bamboo stalks at the nodes, leaving one end solid and one end open, and bundle them together to create a tunnel nest. Click here for [Bee House Directions](#). (Please note: Although these directions recommend placing the nesting boxes facing east/southeast, the Central Valley sun in spring/summer can be too hot for the bees. Instead, find a location where the nests can face north.)



If you choose to provide nesting places for native bees in your yard, there are some important considerations to help ensure success. Nesting blocks must be cleaned to prevent the build-up of pathogens and parasites. Pollen-rich plants must be nearby to attract the bees. Avoid pesticides or keep their use to a minimum. Your time and effort will prove worthwhile when early spring arrives and you begin to observe the busy-ness of native bees in your garden.

Note: Special thanks to Dr. Robbin Thorp, Professor Emeritus of Entomology at UC Davis.

### For more information:

[UC Davis Laidlaw Facility - Native Bees](#)

[Xerces Society—Plants for Native Bees](#)

[Xerces Society - Pollinator Plant List](#)

[Tunnel Nests for Native Bees](#)

# The Garden Gate - Local Garden Clubs

## Growing Strong ... Part 4

Julie Hyske Master Gardener

As a follower of Garden Notes, you demonstrate your love of gardening and interest in acquiring valuable gardening advice. When you join your local garden club, you become interactive with like-minded people who share your interest and enthusiasm, creating gardening friendships while sharing trade secrets learned through trial and error. In recent issues, we have explored garden clubs within our local area. Each club illustrates the benefits of joining together in the common pursuit of gardening. Rewards are gained not only on a personal level, but also to the advantage of your local community. Becoming a member of a garden club allows you to share your passion and know-how of gardening to a new generation of gardeners!

Pam Fish, president of the **Linden Garden Club**, leads a delightful group of active members who are committed to promoting and educating their members and community through informative speakers and programs. The club is acclaimed for their annual plant sale in April of vegetables (including many varieties of heirlooms), annuals, perennials, herbs, succulents and garden art, supporting local high school scholarships. Civic beautification is a high priority for the club: they have planted rustic barn wood boxes for the cemetery entrance, landscaped the high school performing arts building and beautified the local fire department. A motto of "more fun, more outings, more solutions and more community involvement" aptly describes the positive outlook of the Linden Garden Club!

The **Oakdale Garden Club** began in 1929 after separating from the Garden Division of the Women's Improvement Club of Oakdale around 1909. The early history of the club is revisited each spring with the Dogwood Days sale of seedlings. A goal of the membership is to replant the city with dogwoods, taking seedlings from the 80-90 year old original plantings established in the club's early days. The Oakdale club not only has a long history, but also an extensive list of community involvement including Arbor Day plantings, the Down by the River native plant tour, an annual walking garden tour, farmers' market plant sales and a Mad Hatter's Garden Tea Party. They partake in school garden partnerships, scholarships, memorial gardens and publish a newsletter, *The Garden Post*. Clearly, the Oakdale Garden Club is a committed community partner to the beautification of their city.

Solo gardening can be a time for reflection, inspiration and the weeding out of all that plagues your yard and mind. Garden clubs offer the spirit of extension by spreading knowledge and environmental responsibility. Hopefully, through this series on garden clubs you've sifted through the dirt, concluding that many hands can make for lighter work and grander rewards. May the simple pleasures and reverence of beauty—not only of your own backyard, but neighborhood—inspire you to be part of a community of gardeners whose efforts take root!



Celebrate Downtown Oakdale Garden Club  
Dogwood Sale

Linden Garden Club  
Meeting Date: 3<sup>rd</sup> Thursday of month (Sept-June)  
Time: 1:00 p.m.  
Location: Linden United Methodist Church  
Membership: annual membership dues \$25.00  
P.O. Box 1602, Linden, CA 95236

Oakdale Garden Club  
Meeting Date: 3<sup>rd</sup> Tuesday of month  
Time: vary as to event  
Location: Oakdale Masonic Center  
Newsletter: The Garden Post  
Contact: [Facebook page Oakdale Garden Club](#)

# The Help Desk Susan Mora Loyko Master Gardener



## What are some ways I can protect stormwater?

Have you ever considered that the lovely yard and garden you've worked so hard to create might just be harming our local waterways? Are you taking precautions to protect our rivers, creeks and streams by monitoring water flow from your irrigation? Are you using fertilizers sparingly and pesticides only as a last resort, considering less toxic products whenever possible?

Water that runs off streets and property from rain and other runoff flows across the ground and into storm drains carrying with it trash, automotive oils and fluids, leaves and grasses, pesticides and fertilizers, and other debris. That water is more commonly called runoff or stormwater, and it goes directly into our local rivers, creeks and streams without treatment.

Not only is polluted water harmful to our local floral and fauna, it also makes it more difficult (and costly) to clean our drinking water supply. Clogged storm drains will cause flooding, often serious, during heavy rainstorms. Stormwater runoff is different from the water used in our homes and businesses. That water flows into a sewer system where it is treated at a wastewater utility facility and returned back into the environment.

Agriculture and businesses once were large contributors to stormwater pollution but now are regulated to protect our water quality and reduce the flow of harmful materials into our waterways. Non-industrial activities (that's you and me) are not regulated and our activities around the house and yard have larger impacts on water quality.

You can help protect our water supply:

- Keep leaves, grasses, trash and other debris out of streets and gutters all year long and especially during rainy weather. Remember to remove leaves and debris from around storm drains to allow rainwater to discharge properly and not flood streets.
- Sweep debris off driveways and sidewalks instead of using a hose, and dispose of it properly.
- Check sprinkler systems frequently to ensure you're watering the lawn, not the street.
- Use less toxic products in your yard and garden. This will not only keep harmful chemicals out of our water supply but will protect beneficial bugs, too.
- If you do use chemical products, read the labels and use accordingly.
- A commercial carwash uses recycled water to help conserve water. When washing your car at home, if possible, pull your car onto the lawn to wash. That soapy water is good for your lawn and will keep runoff from the street. Use a spray nozzle to keep water from running into the street.
- Clean paintbrushes and pans in a sink. Never rinse painting equipment in the street.
- Never drain pool water into the street. Pool water may look clean but can contain chemicals, algae, and dirt. If you must drain your pool, use a nearby clean-out to your sewer system.
- When walking dogs, pick up after your pet and properly dispose of the waste.

Contact your local water utility regarding any and all stormwater drain problems and emergencies. If you see someone dumping anything into a storm drain, be sure to notify your local water utility immediately. As gardeners, we know water is vital to healthy, beautiful yards and gardens. It's up to all of us to do our part to protect our precious water supply. **REMEMBER: Only rain down the drain!**

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 [anrmgsanjoaquin@ucanr.edu](mailto:anrmgsanjoaquin@ucanr.edu)

# Recipes of the Season

Trish Tremayne Master Gardener

With winter weather our gardens and farmers' markets abound with wonderful cruciferous vegetables. When prepared properly, they taste delicious and are good for you. Remember to choose only the freshest vegetables and use promptly since their flavor deteriorates with age. Here are two recipes, one cooked and one raw, for you to try.

## Aunt Mabel's Sicilian Cauliflower

Serves 4

### Ingredients:

1 head cauliflower  
 1/4 cup olive oil  
 Salt and pepper  
 1 tablespoon olive oil  
 3 tablespoons fresh lemon juice  
 1 clove garlic, minced  
 2 tablespoons Italian parsley, chopped  
 2 tablespoons capers, rinsed well and drained  
 1/4 teaspoon dried red chili flakes (or to taste)



Rinse cauliflower, cut into quarters, and remove green leaves and core. Separate the cauliflower into small flowerets.

Spread cauliflower on baking sheet, drizzle with olive oil, and season with salt and pepper. With clean hands, mix together to distribute oil and seasonings with the cauliflower.

Roast in a 350° oven for 30 minutes. Cauliflower should be golden and tender. Do not overcook.

Whisk the olive oil, lemon juice, garlic, parsley, capers, and chili flakes in a medium-size bowl and set aside.

When the cauliflower is done, toss with the dressing. Season with salt and pepper to taste.

## Brussels Sprout Salad

Serves 4

### Ingredients:

1 pound Brussels sprouts  
 6 tablespoons olive oil  
 2 tablespoons raspberry vinegar (or spiced pear vinegar)  
 1 teaspoon Dijon mustard  
 Salt and freshly ground black pepper, to taste  
 1/2 cup dried cranberries (or dried blueberries)  
 1/2 cup toasted pine nuts (or sliced almonds)



Choose small, very fresh Brussels sprouts. Remove stem end and rinse Brussels sprouts.

Using a mandolin or food processor, thinly slice sprouts. Place in bowl along with dried cranberries.

Make dressing by mixing olive oil, vinegar, mustard, and salt and pepper to taste. Dress salad, garnish with dried cranberries and pine nuts, and enjoy.

# Coming Events

Corinne Bachle Master Gardener

## JANUARY

17-19

### Lodi Home and Garden Show

Friday: Noon—6:00 pm

Saturday: 10:00-5:00 pm

Sunday: 10:00– 5:00 pm

Lodi Grape Festival Grounds, 413 E.

Lockeford Street, Lodi

\$3 general admission. Senior Citizens \$2

on Friday. Free tickets on [our Facebook page](#).

18

### SJ Master Gardener Workshop: Behind the Greenhouse Door

10:30-Noon

Manteca Library

320 W. Center Street, Manteca

Class is free. Reserve your seat at 953-6100 by the Wednesday prior to the class.

18

Rose Pruning Class

11:00 am & 1:00 pm

P&L Concrete & Garden Center

1900 Roosevelt Ave., Escalon

Learn the art of pruning roses. Class is free.

19

SJ Master Gardener Workshop: Planting Bare Root Fruit Trees

2:30 pm

Seventh-Day Adventist Church

525 S. Union Rd. Manteca

Learn how to successfully plant and maintain bare root fruit trees. Class is free.

24-26

### Northern California Home and Garden Expo

Friday, Noon-7 p.m.

Saturday, 10-6 p.m.

Sunday, 10-6 p.m.

Cal Expo Fairgrounds, 1600 Exposition Blvd, Sacramento

Admission: \$7 adults. Children 12 and under are free. Friday only special: 60 years and older just \$2.

25

### Rose Pruning Workshop

Delta Tree Farms Nursery

12900 N. Lower Sacramento Road, Lodi

Classes are free.

Presented by Lodi Woodbridge Rose Society

25

### Sacramento Master Gardener Workshop: Turn, Turn, Turn: Advanced Backyard Composting Workshop

8:30-3 p.m.

UC Cooperative Extension, 4145 Branch Center Road, Sacramento

\$45 registration fee includes lunch, resource materials, and your worm bin. Pre-registration is required. Seating is limited. The last day to register is January 15, 2014.

Earthworms are fascinating creatures. Partake in a day of discovery at this in-depth worm composting workshop. Learn how worms recycle kitchen scraps into rich garden compost, their ideal environment and diet, and how to harvest castings. Attendees will make a bin and take it home, complete with worms, bedding, and food.

## FEBRUARY

1

### Sacramento Master Gardener Workshop: The Wonders of Working Worms: From Bin to Harvest

8:30-3 p.m.

UC Cooperative Extension, 4145 Branch Center Road, Sacramento

\$45 registration fee includes lunch, resource materials, and your worm bin. Pre-registration is required. Seating is limited. The last day to register is January 15, 2014.

Earthworms are fascinating creatures. Partake in a day of discovery at this in-depth worm composting workshop. Learn how worms recycle kitchen scraps into rich garden compost, their ideal environment and diet, and how to harvest castings. Attendees will make a bin and take it home, complete with worms, bedding, and food.

8

### SJ Master Gardener Workshop: Veggies Gone Vintage

10 – 11:30 a.m..

Delta Water Supply Project

11373 N. Lower Sacramento Road, Lodi  
Learn about heirloom vegetables you can plant in your summer garden.

Class is free, but seating is limited. Reserve your seat at 953-6100 by the Wednesday prior to the class.

15

### SJ Master Gardener Workshop: Veggies Gone Vintage

10:30-Noon

Manteca Library

320 W. Center Street, Manteca

Learn about heirloom vegetables you can plant in your summer garden.

15

### Inspiration by Invitation

10 – 3:30 p.m.

Alden Lane Nursery

981 Alden Lane, Livermore

\$35 registration fee includes lunch

This year's classes include Pruning Basics; Citrus/Espalier Citrus; Grafting/Rare Fruit Growing; Composting; Garden Design; Natural Pest Control – Grey Water Use; and Terrariums, Tillandsia, & Enviro Bubbles.

22

### Irrigation workshop

10:00 am—?

Boggs Tract Community Farm

Learn to set up, use and monitor drip irrigation systems. Learn how to make adjustments for winter dry periods.

533 S. Los Angeles Street, Stockton, CA 95203. Workshop will meet in the Boggs Tract Community Center for initial instruction and then move to the farm for practical application.

[Continued on page 16](#)

# Garden Chores (continued from page 2)

## *In February:*

### Plant –

**Start seeds indoors.** Peas can be planted outside; however, it is best to pre-germinate the pea seeds on moist paper towels in a warm room for a few days before you sow them.

**Winter blooming annuals** such as pansies and snapdragons can still be planted this month.

**Dahlia tubers** are available in area nurseries. For best selection, choose them now then plant them in the garden in mid to late April (when the soil reaches 60 degrees) for a rich array of color and different flower forms.

**Tuberous begonia** bulbs should be available at your nursery. Choose the largest and healthiest looking bulbs to start indoors now. Move them outside in late March.

**Azaleas** in bloom are arriving now. Your favorite garden center should have the best selection of these shade-loving plants early this month.



**Evergreen vines** that grow well in our area include fragrant yellow-flowered

Carolina jessamine (*Gelsemium sempervirens*); white-flowered evergreen clematis (*C. armandii*); purple *Hardenbergia violacea* 'Happy Wanderer'; pink *H. v. 'Rosea'*; fragrant pinkish white *Jasminum polyanthum*; pink or white *Pandorea jasminoides*; and violet trumpet vine (*Clytostoma callistegioides*). All of the above are easy to grow, reaching 15 to 20 feet long.

### Maintenance –

**Empty** any rain-filled containers around the yard to eliminate [mosquito](#) breeding areas.

**Look for snails** hiding beneath plants and lumber piles now before they start munching on tender, young foliage. Pick them from where you see them and drop them in a pail of soapy water.

**Remove** old flowers on camellias to reduce the chance of [petal blight](#).

**Citrus trees** will appreciate a feeding of a nitrogen-rich fertilizer 6 to 8 weeks before their spring bloom time. Citrus

requires micronutrients not found in turf fertilizers. A good citrus fertilizer will include additional nutrients like magnesium, boron, copper, and zinc.

**Apply [dormant spray](#)** for the final time mid month to prevent peach leaf curl, brown rot and scale on your stone fruit trees.

**Asparagus** shoots are starting to pop up now and will appreciate a balanced fertilizer.

**Finish pruning** your roses by mid-February.

**Cut back** woody stems to within a few inches of the ground on butterfly bush, fuchsia, and Mexican bush sage to stimulate new growth. If left unpruned, plants become leggy and scraggly-looking.



**If your cymbidium orchids** are bulging out of their containers or the bark has decomposed, it's time to repot them. Do this between mid-February and early July to assure bloom next season. Remove old bark, cut off dead roots, and discard soft or rotted bulbs. Repot the plant into a larger container, or divide plants into groups of three to five pseudobulbs (bulbs with leaves). Replant in medium-size bark or purchase a cymbidium mix.

**Mix compost** into your flower and vegetable beds to help condition the soil and make them ready for a great crop this year.

**Leave freeze-damaged leaves** on plants for a few more weeks to protect and insulate any new growth from a March cold snap.

**Sharpen lawn mower** blades and change the mower's oil before lawn cutting becomes a weekly job.

## *March Notes:*

### Plant –

**Beets, carrots, leeks, potatoes, and radishes** can be planted from seed now. Wait until the soil is workable so your seeds don't rot in very cold or soggy soil.

**Potatoes** can carry soil-borne diseases which are harmless to humans but devastating for a potato plant. Buy seed potatoes

## Garden Chores (continued from page 2)

from a nursery or a mail-order company that certifies the seed potatoes are disease free. Whole potatoes can be divided to give you a bigger crop by cutting the potatoes into chunks that each contain one or two eyes (the small depression where sprouts will form). To prevent rotting, store the freshly cut pieces at room temperature for three days before planting to allow the cut surfaces to dry and form a callus.

### Maintenance –

**Empty** any rain-filled containers around your yard to eliminate mosquito breeding areas.

**Prune** out suckers from trees and shrubs.

**Check your drip irrigation.** Flush out sediment from filters and check screens for algae and clean with a small brush, if necessary. Turn on the water and check for leaks in the lines and repair as needed. At the same time, make sure all emitters are dripping water. If some are clogged, replace them (if you can't remove one, install a new emitter next to it). You may also need to add emitters to some lines if plants have grown significantly since the system was installed. Put new batteries in your electronic drip controllers and check the settings.



**Install** new drip irrigation systems in your new landscaping.

**Loosen** your moist, not wet, vegetable garden soil to a depth of 6-10 inches and lightly work in compost and fertilizer. Rake and water the beds to be ready for planting in April.

**Pre-emergents** applied now to your lawn can help stop the summertime onslaught of crabgrass. A little fertilizer at the same time will help the rest of your lawn be green and healthy as spring begins.

**Prune** and clean up beneath flowering shrubs such as camellias, quince and forsythia.

**Add mulch** around shrubs and trees to the drip line. Do not place mulch within 6" of the trunk to prevent rot.

**Woody species in landscapes** should not be routinely fertilized - with the possible exception of young plants and fruit and nut trees. As long as woody plants exhibit normal leaf size and color and desired growth, nutrients are probably adequate. For more information on recognizing when your landscape trees and shrubs might need nutrients, [click here](#).

Information gathered from

[www.ipm.ucdavis.edu](http://www.ipm.ucdavis.edu)

[www.sunset.com/garden](http://www.sunset.com/garden)

[www.farmerfred.com](http://www.farmerfred.com)

### UC Master Gardeners

2101 E Earhart Ave., Suite 200

Stockton, CA, 95206

Coordinator: Marcy Sousa 953-6100

Phone: 209-953-6112

E-mail: [anrmgsanjoaquin@ucanr.edu](mailto:anrmgsanjoaquin@ucanr.edu)

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

[Find us on Facebook!](#)

For nondiscrimination policy, [click here](#)



# Coming Events

Continued from page 13

## MARCH

8

### SJ Master Gardener Workshop: Growing a Masterpiece Centerpiece

10:00 - 11:30 am.

Delta Water Supply Project  
11373 N. Lower Sacramento Road,  
Lodi

Class is free, but seating is limited.  
Reserve your seat at 953-6100 by the  
Wednesday prior to the class.

15

### SJ Master Gardener Workshop: Growing a Masterpiece Centerpiece

10:30 - noon

Manteca Library  
320 W. Center Street, Manteca

15

### Citrus Tasting

10 a.m. - noon

Delta Tree Farms Nursery  
12900 N. Lower Sacramento Road,  
Lodi

Presented by Generation Growers

19-23

### San Francisco Flower and Garden Show

Weds - Sat: 10 am - 7 pm

Sun: 10 am - 6 pm

San Mateo Events Center, 2495 S.  
Delaware Street, San Mateo

\$20 admission (\$16 if purchased before  
March 10)

\$30 All Show Pass

\$15 Group Advance Ticket

Children are Free

Redesigned from the ground up, the  
2014 Show will bring a new vision to  
the gardening world. Not content to  
rest on past laurels, the version of this  
world class show will be packed with  
new ideas, new perspectives, and fresh  
ideas.

22

### Spring Propagation and Cultivation

10:00 am—?

Boggs Tract Community Farm  
533 S. Los Angeles Street, Stockton,  
CA 95203. Learn how to plant and  
grow from seed and cuttings for produc-  
tion in Spring.

Workshop will meet in the Boggs Tract  
Community Center for initial instruc-  
tion and then move to the farm for prac-  
tical application.

## Photos by Kathy Keatley Garvey





# 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.

