



# Garden Notes

Fall 2020



**Have a Gardening Question? Ask Us!**

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**Welcome to our Fall edition of  
Garden Notes.**

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## Fall is Here

It seems that Fall has finally arrived. The weather is cooler and the trees are beginning to turn color. Your vegetable garden is probably not producing as much as it was this summer, fruit trees are beginning to look bare and summer annuals and perennials are not as robust as they once were. While we will certainly miss those long, productive summer days we can appreciate that these things will come again. It is a good time to start planning next years garden. A time to reflect on what went well, what grew well and what you might not want to plant again.

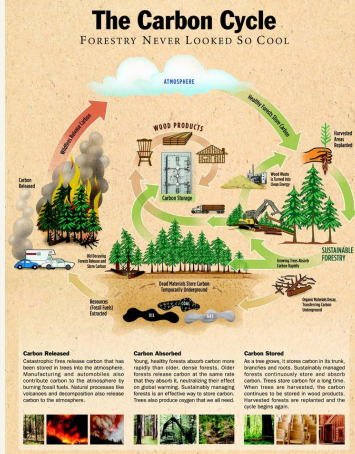
We hope you enjoy our fall edition of Garden Notes.

~ Happy Gardening ~

Marcy Sousa, Program Coordinator

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**The Significance of the Urban Forest in the  
Urban Environment**



Without forests, life on earth would be unthinkable and unlivable. Urban forests are homes to a wealth of biodiversity and are an integral part of community ecosystems. They improve the livability of our cities and make all our lives better. Even though their aesthetic value might be striking, the many critical services they provide tend to be overlooked. Urban trees can help alleviate some of the adverse effects and social costs of development and make cities more resilient to these changes.

[Find Out More](#)



## How Did Your Pumpkin(s) Grow?

At the first of summer, you thought it a good idea to grow a pumpkin plant to give the kids a focus during the upcoming “warm” weather while being confined to home with COVID19 stay-at-home restrictions in place. You may have even considered growing one of those “GIANT” breeds which can be turned into a carriage for Cinderella or may take flight on Halloween as the “Great Pumpkin”- rising into the air to distribute good will to all the faithful.

[Find Out More](#)



## Mindful Gardening

As both a Mindfulness Meditation teacher and a Master Gardener, I am sometimes asked if gardening is like meditation, and I always answer that it can be. Mindfulness is paying careful attention to the present moment in a kind and non-judgmental way. It can be practiced as a sitting meditation, with the eyes closed and paying attention to the breath or body, or thoughts passing through the mind. And it can be done in daily life, pulling just this weed or inspecting just this infestation or admiring just this flower.

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## Fall Garden Chores

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## Plants of the Season

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## Pests of the Season

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## Consider Hops for a Vertical Garden Part 2

Now that you're successfully growing hops in your vertical garden, how do you use the herb "hops"? This is a great question! Let's explore some of the many ways to incorporate hops into our daily lives.

Remember, the herb "hops" refers to the cone shaped flowers of any of the many cultivars of hop plant, *Humulus lupulus*. Each have a somewhat distinctive aroma and taste. I trust you have chosen one which your nose found palatable.

[Find Out More](#)



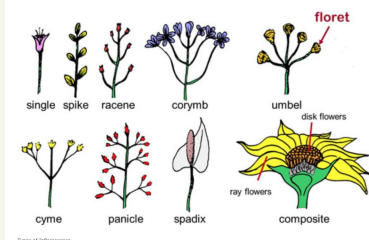
## Growing Knowledge The Illustrated Practical Guide for Seniors

The Illustrated Practical Guide to Gardening for Seniors is an inspiring book that describes the basics of adaptive gardening. There are many intangible benefits of gardening that one does not need to give up because of age. Cassidy wrote this book with the hope of providing a positive view of the ageing process and encouraging seniors to be involved with the gratifying and healthy activity of gardening.

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## Community Connections Urban Landscaping and



## Horticultural Terms



## A Taste of the Season

[Find Out  
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### Help Desk Compost Problems and Resolutions

Is your compost pile not getting hot enough? Is it smelly? Wondering what you can put into it? Find out more in this quarters FAQ on composting.

[Find Out  
More](#)

### From the Garden Decorative Gourds

Dried gourds are fun to use for fall decorating and crafts. Their hard, woody shells make them ideal for a variety of projects that range from simple to quite complex.

[Find Out  
More](#)

## Have a Gardening Question? Ask Us!

Master Gardener Helpline: 209-953-6111

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

Website: [ucanr.edu.sjmg](http://ucanr.edu.sjmg)

We are currently checking e-mails and phone messages remotely during the shelter in place. We ask for your patience as there may be a delay in response time from our volunteers.

[Find past editions of our newsletter here.](#)

