



# The Spindrifter

October, 2019  
Volume 46, Issue 2



## Presidents:

Sue Kalish 858-452-2316  
[suekinlj@yahoo.com](mailto:suekinlj@yahoo.com)  
Sue Miller 858-454-8458  
[suem44@me.com](mailto:suem44@me.com)

## Editors:

Lynn Jewell 619-222-6985  
[jewellbox@cox.net](mailto:jewellbox@cox.net)  
Nancy Palmtag 619-224-1523  
[npalmtag@msn.com](mailto:npalmtag@msn.com)  
Catherine Fraser 630-461-4720  
[Catherine.volini@gmail.com](mailto:Catherine.volini@gmail.com)  
Deanna Weeks 619-659-8256  
[Deanna.weeks@mac.com](mailto:Deanna.weeks@mac.com)

**Mailing:** Anita Lindberg  
[lindberg711@icloud.com](mailto:lindberg711@icloud.com)

## EBlast

Gail Dill 619-466-8922  
[gaildill@cox.net](mailto:gaildill@cox.net)

## Webmaster:

Sara Carpenter  
858/344-5807  
[shoffelt@gmail.com](mailto:shoffelt@gmail.com)

## General Meeting

Thursday, October 24, 2019

(Open to Guests)

CONGREGATION BETH ISRAEL

9001 TOWNE CENTRE DRIVE, SAN DIEGO

*Parking garage on site; Enter from Golden Haven Drive*

9-10 a.m. Hospitality hour

10-10:30 a.m. Business meeting

10:30-11:45 a.m. Program

**Speaker: Julio Freitas, Owner of The Flower Hat**

**“Growing Flowers in Small Spaces”**



**The Spindrifter deadlines in the yearbook are incorrect! Dates of the deadlines are:**

**-October 31st for November**

**-February 5th, for March**

**-November 21st for December**

**-March 2nd for April**

**-December 19th for January**

**-April 30th for May**

**-January 30th for February**

**As always, the deadline is 5:00 pm on the Thursday following the meeting. Please change these dates in your yearbook and submit your articles accordingly.**



## “Growing Flowers in Small Spaces”

Originally from Brazil, Julio moved to the United States with a degree in Business Management and the intention to work for a large corporation. Before he became a designer, he worked in the hospitality industry and was part of the “creative” team. He was quickly entrusted with seasonal floral (cont. pg. 3)

## ~From the Co-Presidents' Desk~

The first meeting of the club year was bustling with enthusiastic members reconnecting with garden club friends, welcoming our 22 new members, and exploring the new committee displays in the social hall. Although we heard from one member, that she was so busy greeting friends she hadn't seen for a while, that she didn't get around to all the displays. How fortunate we are that both the friends and the wonderful displays will be back for this month!

There was a so much enthusiasm about our first workshop, "Pucker Up -All Things Citrus", that it quickly sold out. Our thanks and appreciation go to presenter and co-chair, Maureen McMahon, who graciously offered a second workshop, that also filled up with a waiting list. Our first field trip to the Flower Mart in Carlsbad also quickly filled up. The committee is looking into offering a second opportunity.

When you pick up your 2019-2020 Yearbook at the membership check-in table, please review your entry and send any updates to [kengler98@gmail.com](mailto:kengler98@gmail.com). Also, please bring any of your old Yearbooks for shredding.

Our stellar line up of speakers continues with Julio Freitas who will be speaking about "Growing Flowers in Small Spaces". We welcome your guests. Please ask them to check in at the guest table.

It's hard to believe that it's already time to think about the holidays. The creative Holiday Luncheon committee led by Carolyn LaPierre and Roz Bradley will begin taking reservations for our annual festive luncheon at the Marine Room this month. Seating is limited, so be sure to stop by and make your reservation early. Chef Bernard always creates a very special menu just for us. Fabulous food, friends and a spectacular view – what could be better!!

Speaking of the holidays, our club is privileged to be part of The Wreaths Across America program. Every December on the same day, wreaths are placed on Veterans graves in every state in the United States and abroad. For more information about the worthwhile program, please refer to page 40 in you Yearbook.

Our village is indeed bustling with activity, creativity, and a shared passion for beauty, education, and enhancing our environment and our community. We are so glad you are part of it.

Sue<sup>2</sup>

Sue Kalish and Sue Miller, Co-Presidents



arrangements for the hotel's entry table and eventually translated what he was doing for the hotel to providing weekly floral displays for other corporations and a local coffee shop. His passion for flowers kept pulling, leading him to open "The Flower Hat," a floral design studio and flower farm located in Bozeman, MT. Finding it almost impossible to get the high-quality flowers he needed for his designs delivered to Bozeman, Julio decided to start growing his own.

He started growing flowers on 1,800 square feet a few years back and over the years upgraded their growing space until Christmas of last year

when the best gift of all was their very own farm, which is just shy of 1 acre. Coaxing magnificent flowers to grow in a short season in small spaces is his natural talent. Not surprisingly, his workshops are a sell-out.



## Cooking Up Old Favorites



A warm welcome to all of our new VGCLJ members, and welcome back to all of our returning members! Our publisher got us the cookbooks sooner than we expected, so we will have the actual copies of "Our Favorite Things" collection at the September meeting!! And we'll have the book available for sale at the October, November, and December meetings, too. If we don't run out!

The committee is very excited about the collection of recipes and memories that you all shared, and we hope you find as many enticing ideas to try as we did. Please call or look for Robin Vandever at the meetings if you have any questions. It will help if you have cash or your check for \$15/per book filled out and ready. Credit card payments may be made at the Treasurer's table. Then enjoy yourselves visiting the rest of the displays in the Social Hall.

This collection will make a wonderful hostess or holiday gift for everyone on your list!

Robin Vandever, Chair



We Would LOVE to  
**Recycle Your Old Yearbook!**  
Please bring it to the Membership Table in October



## HOLIDAY PANTRY

Who said the Holiday Pantry is just for baked goods?! Consider some of these other homemade goodies that might just be perfect for you: pickles and relishes, dried fruit and/or nuts, jars with prepared soup mixes, rubs, jams and vinegars. Of course, we also look forward to a nice assortment of your delicious cookies, bars, candies, breads, etc. Have we gotten your creative juices flowing? Whatever you bring, we look forward to your festively-wrapped goodies on our Holiday Pantry Table at the December 12<sup>th</sup> membership meeting.

We can't wait to see what you've cooked up!





## UPCOMING GARDENING EVENTS

### By Pat Parks



**Please be sure to check individual organization's websites for details and updated information since this posting.**

#### **Saturday, Oct. 12, California Native Plant Society, San Diego Chapter**

Come early for best selection of plants at Fall Native Plant Sale. 10:00 a.m. to 3:00 p.m. Casa del Prado Theater Courtyard, 1700 Village Place, Balboa Park, San Diego, 92101. More information: <http://cnpssd.org>

#### **Monday, Oct. 14, San Diego Horticultural Society Meeting,**

Brijette Pena, owner of San Diego Seed Company, will discuss produce best suited for our climate. Cost \$15. Free for SDHS members. 6:00 p.m. Congregation Beth Israel, 9001 Town Center Drive, San Diego 92122. More information: <http://sdhort.org>

#### **Wednesday, Oct. 16, San Diego Floral Association**

Rosarian Tom Carruth will present "What's Happening at the Huntington Rose Garden?" Meeting will be followed by a docent-led tour of the Inez Grant Parker Memorial Rose Garden. 2:00 p.m. Rm. 101. Casa del Prado, Balboa Park, San Diego 92101. More information: <http://sdfloral.org>

#### **Saturday, Oct. 19, Botany for Kids**

10:00 a.m. In front of the Lily Pond, Balboa Park, San Diego 92101. More Information: <http://coastalsage.mysite.com>

#### **Saturday, Oct. 19, San Diego Horticultural Society**

Birds, Bees, Flowers Trees, great time to shop for the holidays while strolling through vendor area. Kids' craft area, cookies, make it take it crafts, and face painting. Casa del Prado Patios A & B. Free vendor show admission. More information: <http://sdfloral.org>

#### **Saturday, Oct. 19 & Sunday Oct, 20 & Monday Oct. 21, San Diego Botanic Garden's Fall Plant Sale**

Sat. & Sun. 10:00 a.m. – 4:00 p.m. Mon. 9:00 – noon. San Diego Botanic Garden, 230 Quail Gardens Drive, Encinitas, 92024, Cost included with admission or SDBG membership. More Information: <http://sdbgarden.org/fall-plantsale.htm>

#### **Saturday, Oct. 26 & Sunday, Oct. 27, San Diego County Orchid Society**

Free admission - Fall Orchids in the Park, Fall Show and sale. Sat. Noon – 6:00 p.m. Sun. 10:00 a.m. – 4:00 p.m. Rm. 101 Casa del Prado, Balboa Park, San Diego 92101. More Information: <http://sdorchids.com>

#### **Monday, Nov.11, San Diego Horticultural Society Meeting**

"Palms for San Diego" Greg Opgenorth will share information about how he designed and built a garden showcasing his collection of palms, succulents, and bamboo. Cost \$15 Free for SDHS members. 6:00 p.m. Congregation Beth Israel, 9001 Town Center Drive, San Diego 92122. More information: <http://sdhort.org>





## Moore's Cancer Center Healing Garden

Nature that nurtures--the Moore's Cancer Center Healing Garden does just that. With its vibrant greenery, stunning trees, beautiful flowers and lovely shaded conversation areas, it provides patients and their families with a powerful mental and emotional lift when spending time in the garden. The benefits of seeing and being in

nature are so relaxing, which is why healing gardens are so important in a hospital setting. They are designed to make people feel better. Thank you to all who have made donations to support this very special garden, and thank you to all of our garden volunteers. Your enthusiasm, commitment, and gardening knowledge make the Healing Garden a project the VGCLJ can be very proud of.



## Photography

You may visit Recent Galleries at <https://vgclj.smugmug.com>. Just select a gallery, and click to view the photos. Here is the link for the September meeting: <https://vgclj.smugmug.com/2019-2020-Meetings/September-2019-2020>.

September photos are by Marge Palmer and Laura Lee Skillman. We are so pleased to add Laura Lee to our photography committee.

To view all folders from Past Years, click on Past Years Folder and select a year.

Enjoy,

Marge Palmer

## *Horticulture Report*

**Thanks to all the members who contributed to the September Horticulture Tables.** We enjoyed seeing everyone's contributions: pink dahlias, plumerias, and seasonal bouquets of hydrangeas, herbs, and colorful flowers. Helen Dawson's freshly picked vegetable display (from husband Arthur's vegetable garden) was spectacular. Leigh Hartman said it best "It's so beautiful it looks like Chino Farms!"

Each month we learn something new and marvel at the diversity of our collective gardens, always seasonal and always beautiful.

The "**Wildflower**" **Special Exhibit** offered planting and growing tips and gift packets of "Faerie" Poppy and Queen Anne's lace seeds. The original red poppy seeds came from Gina Wright's garden to my garden where they magically evolved into fringed "pink faeries"! The Queen Anne's lace seeds were from Vicki Lugo's garden via Agatha Youngblood's garden.

It was our pleasure to share these special seeds with our members knowing they will bring wildness and history to your gardens.

**A warm welcome to our new Horticulture committee members!**

**Although some new members didn't make it to the September meeting, we want to encourage you to join us at this month's meeting.**

~ Mary Anne Brown

~ Vicki Lugo



### **SCHOOLYARD GARDENING GRANTS COMMITTEE**

We are so very grateful to the support of our membership to this very worthwhile club project and wish to thank each and every one of you who contribute your time volunteering with us, through financial support by the addition onto your payment of dues for this year, or purchases at Ways and Means. We want to encourage new members looking for a committee to volunteer consider joining us next year.

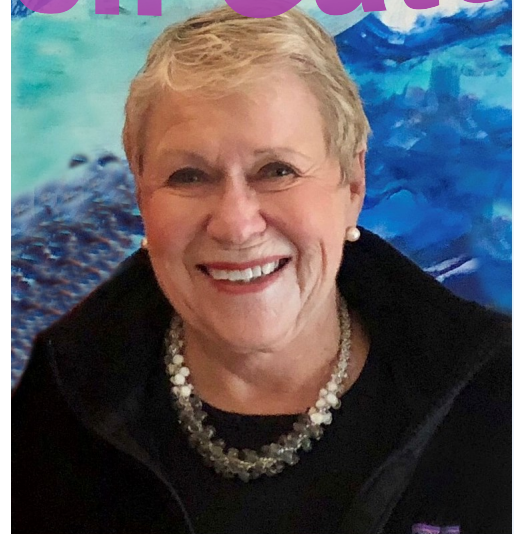
We met early September for an organizational meeting at the home of Co-Chair, Leigh Hartman. The committee voted to approve the allocation of \$500 for ten scholarships for the Master Gardeners Workshop "Gardening with Class" covering \$50 enrollment fees for teachers. Deadline for receipt of school grant applications was October 15th. Our committee will next meet on

November 13th, from 1-3:30 pm at Wisteria Cottage to review the requests and allocate funds from our budget to schools for the year ahead. The back side of the November general meeting agenda will contain a list of these awards. Last year 22 schools were granted \$12,449, including a SDUSD prize fund of \$1,000 to be awarded to the top five schools producing the most food for their "Garden to Café" program. Students are enthusiastic seeing produce they have grown served in their cafeterias. The incentive for this contest awarded to most pounds of produce grown has increased participation and motivated them to grow more healthy options to be served for lunch.

We hope you had an opportunity to stop by our project table to see the smiling faces on our photo display board of the enthusiastic children at work in some schoolyard gardens. The items for sale at our table, such as the aprons and totes with the new logo, as well as new seasonal items for hostess and holiday gift giving in the months ahead, support the efforts of this committee. Or, if you wish to directly support this project it can be accomplished utilizing the donation form found on page 43 of our Yearbook. If you did not contribute with your dues, you may still consider a year-end donation.

# Over the Garden Gate

**Linda Shaw.** Every Tuesday and Friday morning at our club house up on Mt. Soledad, I participate in an exercise class, and I have been doing so with the same people and the same instructor for 20 years. Brenda Schneider, past Village Garden Club of La Jolla member who recently moved to Florida, was also part of our group. She talked glowingly about our club, which prompted me to ask her to sponsor me. That was back in 2011 and I have loved our garden club ever since.



Fifty-six years ago I married a hunter and fisherman, so I figured if I wanted to participate in his life, I had better learn how to shoot and fly fish which I did. We raised two boys in Oakland, California, heavily supported the Boy Scouts of America, and hosted large Thanksgiving and Christmas celebrations with family. Then my husband had a job transfer which brought us to southern California, and we've been here now for 25 years.

While in Oakland, I was appointed by the Mayor to begin a Children's Commission. I was also President of the Library Association, President of the Junior League, Executive Director of The Easter Seal Society, and I ran a Health Education Center at Merritt Hospital. After moving to La Jolla, I worked at UCSD as a Medical Meeting Planner for ten years designing Continuing Medical Education courses for doctors and nurses.

As a member of the VGCLJ I joined the Jacaranda Committee and over the years worked with chairs Carolyn Boline, Dorothy Carroll and Faye Kitchel. Jan Nelte and I co-chaired the committee for the last two years during which time we funded and got planted 113 Jacaranda trees all over the county. I am still volunteering on the Jacaranda Committee this year. I was also Recording Secretary for Devonna Hall when she was President. I loved participating on the Executive Committee and recommend it to all our members. It's a great experience. I am also a member of UCSD's Town & Gown which raises scholarship funds for UC students; I regularly attend OASIS classes which provide educational classes/lectures for seniors; and I attend medical/science lectures at the Sanford Burnham Prebys Institute with the Group of 12.

Gardening has always been a passion of mine. I must have inherited it from my parents who had a large garden in Oakland which they took care of themselves. Every weekend was devoted to mowing, weeding, planting, and picking large bouquets for the dining room table. When I'm in my garden, just like my parents, I am at peace with the world. At the garden club, I love our monthly speakers expanding my knowledge and inspiring horticulture, and I treasure the many friends I've made over the years. Joining our garden club has been a rich and rewarding experience, one that I value in great measure. So thank you, dear Brenda, for sponsoring me. I miss you.

Email correction for Anita Lindberg: [Lindberg711@icloud.com](mailto:Lindberg711@icloud.com)



## Bouquet of Thanks Pumpkins for Patriots Update

We have had an enthusiastic response to our call for volunteers for our 7<sup>th</sup> Annual Pumpkins for Patriots Workshop! On October 29<sup>th</sup>, our committee will meet once again at St. James by the Sea Episcopal Church, which has graciously hosted us since we started this project. We will assemble about 140 pumpkins and deliver them immediately thereafter to the VA Hospital, where they will be enjoyed by patients, families and staff.

We have a wonderful mix of over 30 new and experienced volunteers, so I am expecting to see some fantastic pumpkins. Jill Holmes will be on hand to photograph the entire workshop, so you will be able to relive the highlights on the club's photo gallery. My husband and I spent the last weekend of September combing pumpkin fields, and we found some gorgeous heirloom pumpkins that should inspire everyone. (My house now looks like a



pumpkin patch.) Co-Chair Sandy Small, who has been busy searching for over 100 perfect bedside-sized pumpkins, will also be hosting a small group at her home to glue moss on all the pumpkins several days before the workshop. Thanks to Sandy, Kathleen McNiel, Linda Wittmer, and Marilyn Sorenson for taking on this task in advance, which really keeps the workshop on track.

**Donations Welcome!** We are always happy to receive donations of 2-4" succulent cuttings that are well hydrated, clean, and disease/insect free. If anyone has pinecones, acorns, magnolia pods, Rhipiolepis berries, eucalyptus pods, Nandina berries, driftwood, or other interesting items to embellish the pumpkins, we would love to have you bring them them to our October meeting. If you are one of the volunteers signed up for the workshop, you can also bring items to the workshop.

As always, thank you for your continuing support of this wonderful civic project. Julia Sheldon,

## GROWING EDIBLES ON THE COAST – 102

### Blackberry Prime-Ark 'Freedom'

Two years ago I wrote about primocane-fruiting blackberries which, unlike familiar varieties like olallieberry and boysenberry, bear fruit on the first year's growth (primocane). After fruiting, the canes are cut back and, like the common florican-bearing varieties, will bear a crop the next year on the lateral new growth.

We were given an unidentified plant four years ago, which I thought might be 'Prime-Jim' when I last wrote. After further observation and reading I now believe it is 'Prime-Ark 45.' The plant has many good qualities, notably a long fruiting season, an abundant crop and excellent fruit quality. However, it is brutally thorny, and harvesting, to say nothing of pruning, requires full protective gear. Even then it is hard to accomplish without drawing blood. Therefore, I was excited to read about a thornless variety, 'Prime-Ark Freedom,' that came on the market in 2013. Two years ago it was available from several on-line sources but none would ship it to southern California, saying that it is not recommended for our zone. I presume they wouldn't recommend them because there was no information about their winter chilling requirement. Both our experience and comments I have seen online from gardeners in San Diego and Los Angeles, show that lack of winter chill should not be a concern if you want to grow either 'Prime-Ark 45' or 'Prime-Ark Freedom.'



Last December I was able to order plants from Amazon. Four cuttings arrived in tiny 2-inch containers and, as advised, I immediately moved them to 4-inch pots. They grew slowly through the winter and sprang to life in April. I was aggressive about tip-pruning the new growth after discovering that the truly thornless canes were easily bent and had difficulty supporting tall shoots even before they were weighed down by berries. From my reading and personal experience I would recommend topping them at 18 inches and again at 3 feet.



The primocane berries first ripened in mid-August and look like they'll continue well into October. "Sweetest nut hath sourest rind," but in spite of its lack of thorns 'Freedom' has sweet and flavorful fruit. The berries are large, so even though there are fewer than on 'Prime\_Ark 45,' the plants are almost as productive. We haven't yet seen the florican crop but I expect it will appear in May and June.

The berries must be harvested daily. They deteriorate quickly after they reach soft ripeness and need to be refrigerated if they won't be used the same day. This makes 'Freedom' useless for the commercial grower, and the breeders at the University of Arkansas have produced another thornless variety, Prime-Ark 'Traveler,' which is suitable for shipping.

The olallieberries, which we grew for many years, were subject to infection by a rust, *Gymnoconia nitens*. The condition is systemic rendering fungicide sprays ineffective. Though the authorities recommend destroying the affected plants, we coexisted with the fungus for decades. Happily, the Prime-Ark plants show no sign of the rust even though they are growing in the same beds where we had olallieberries.

-Arthur Dawson



## Earth-Friendly Garden

How earth-friendly is your garden?

An earth-friendly garden is created using methods that are not harmful to ourselves, native plants, animals, or the environment.

Our online checklist can help you evaluate your current gardening practices and guide your discovery of new earth-friendly and sustainable approaches that are appropriate for your garden.

It doesn't matter whether your garden consists of containers or is a large garden, our online checklist allows you to use sustainable elements at your own pace.



### Yearbook Update

The correct contact information for Palomar District Director, Sharon Tooley, should be:

11376 Nawa Way  
San Diego, CA 92129  
(858) 672-2593  
Email is correct



# The Village Marketplace



**Hot Deals – Treasures – Gifts!**

**Stop by our table at the  
October meeting!**

**The Village Garden Club of La Jolla  
c/o Annette Ritchie-Buis, Mailing Committee  
7890 Torrey Lane  
La Jolla, CA 92037-3807**

