



**THE SPINDRIFT**  
Village Garden Club of La Jolla

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## ***This Month's Meeting:***

***Thursday, September 23, 2021***

***10:00 a.m. via ZOOM***

Instructions and Links to the Zoom Meeting and this month's programs  
will be sent to all members prior to the meeting date

### ***"Inaugural Founders Lecture"***

In honor of our four founders, this lecture will be presented in memory and celebration of  
their vision for a vibrant garden club.

Mrs. Skipper Cope  
Mrs. Adrienne Green  
Mrs. Jananne Kennedy  
Mrs. Jo Westheim

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## ***"Growing Fruit and Vegetables in Pots"***

Speaker: Aaron Bertelsen

Great Dixter is a house in Northiam, East Sussex, England. The original house, dating from the 15th century, was acquired by a businessman named Nathaniel Lloyd in 1909. He had a 16th century house in a similar style moved from Kent, and the two were combined with new work in 1910-12 by architect Edwin Lutyens to create a much larger house.

Great Dixter is a romantic recreation of a medieval manor house, complete with great hall, parlor, and yeoman's hall. Lloyd and Lutyens began the garden at Great Dixter but it was Lloyd's son Christopher whose vision and dedication established its extensive gardens as a place of pilgrimage for horticulturists from around the world. Today, under the stewardship of our speaker Aaron Bertelsen, the Great Dixter kitchen garden continues to flourish.

Aaron Bertelsen's love of gardening dates back to his childhood in New Zealand, where he worked with his grandfather in his vegetable garden. In 1996, he went to England to volunteer in the garden at Great Dixter. Subsequently he studied for a diploma in horticulture at Kew Gardens, England, and spent two years at the Jerusalem Botanical Gardens in Israel, where he is still a trustee. In 2005 he returned to Great Dixter, and in 2007 became the vegetable gardener and cook.

Aaron Bertelsen is regularly invited to speak worldwide and has written two books, *The Great Dixter Cookbook: Recipes from an English Garden* and *Grow Fruit and Vegetables in Pots*.

## ***A Message from our Co-Presidents***

***Preserving Our Roots While Growing New Shoots***

membership. Nevertheless, we are thrilled with our upcoming programs and the opportunity to learn together from an outstanding roster of speakers! For the time being, these programs will be presented through Zoom. We are anticipating the joy of unique workshops that will bring us together in small groups outdoors with careful attention to distancing ourselves. Our Civic Projects appear to be on track and will benefit from the generosity of all of our members who gave donations when they renewed. In short, we are confident that our club objectives will be met even as we wait for the indications and guidelines that it is safe to meet in a large group. In great part, this is due to the work of the Executive Committee and Governing Board and we are grateful for their efforts.

That said, there may be some missing pieces from our usual range of activities because we simply do not have enough members who have volunteered to take on the work. We will probably have to make changes in how we accomplish some of the usual activities of the club. For example, our newsletter is moving to a new format to make it easier to edit and send each month. We are taking this opportunity to modify the name of the newsletter from The Spindrifter to The Spindrift. As Co-Presidents, we invite you to join us in assuming an attitude of grace and acceptance of these changes that are necessary as we naturally hope for a return to full capacity.

This past year, our club participated in a series of surveys about the VGCLJ that invited members to provide their opinions about all aspects of the club. The Executive Committee and Governing Board will use the findings of the survey to guide the club over the next two years. Our theme for this year indicates what our approach to leading the club will be: we want to preserve the historical roots of the club while moving forward with a conscious, deliberate approach that reflects our members and their commitment to the club. To that end, we will be asking an Ad Hoc Committee to assist us in formulating ideas for our club to consider.

In the meantime, we look forward to greeting you in person at the yearbook distribution days and sharing the remarkable experiences that come from belonging to the Village Garden Club of La Jolla—stay safe in the interim!

Susan and Roz

## ***Committee Information & Updates***

### ***Our Yearbooks Are Ready!***

Thanks to the hard work of Mercedes Bartolei-Penner and Kate Engler and our contributors, we are so excited to share all the news for the upcoming garden club

others are up to. As disappointing as it is to not be planning our first in-person meeting, we are happy to tell you that we have arranged for you to pick up your yearbook at one of four locations throughout the county.

**Wednesday, September 15, 1:00pm to 3:00pm**

***East County:***

Linda Morse's home located at 4645 Hillview Drive La Mesa, CA 91941

***Central/Coastal SD:***

Libby Levine's home located at 1442 Carleton Square, San Diego, 92106

***La Jolla/UTC/Clairemont:***

Kate Engler's home located at 4039 Caminito Suero, San Diego, 92122

**Friday, September 17, 10:00 a.m. to 4:00 p.m.**

***North County/RSF:***

Sheryl Lester's front porch located at 5557 San Elijo, Rancho Santa Fe, 92067

**Friday, September 24, 10 a.m. to 12 p.m.**

***La Jolla/Pacific Beach:***

Roz Bradley's home located at 7363 Eads Avenue, La Jolla, 92037

**Penny Pines will be collecting! Please bring your spare change!**

If you are unable to pick up your book at these times, we will help you make other arrangements.

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## ***Tree Planting Committee***

Penelope West, Chair

Last October our committee planted six Engelmann oaks at Paradise Hills Community Park. This park in southeastern San Diego was on a landfill where nothing grew, except on the periphery. The trees we planted in the adjacent parking lot were being cared for by the newly formed Paradise Gardeners Club and were thriving. I happened to write their president a note and got this spontaneous reply:

“Oh, Penelope. We are so happy the trees are in and look beautiful. We just went down to give them a little more water and walkers commented on how nice they are. .... Please share with everyone how happy we are, and that your club has provided the first thing of beauty this park has known for a very, very long time. Also, the trees will be the foundation for everything that is about to happen to make the park the pride of our community. We can't thank you enough.”

to our own memories, sad or joyful; while making a real difference in the lives of others. As we find places where we can plant trees, we will respect the needs of the community – whether they need shade trees – native or appropriate to San Diego – or Jacarandas that will make an uplifting spring time show.

I hope you will consider donating a tree to mark occasions in your life, whether it is honoring friends, memorializing loved ones or celebrating life events.

### **TREES UNDER ATTACK!!**

Trees are definitely under attack this year--fires, drought, beetles, viruses, dogs, vandals--and now in our very own yearbook a gremlin bug has made mischief with our Tree Planting Program. Please come to the rescue with your sharpened pencils and defeat the errata by making the following changes. Thanks!!

On Standing Committees page 3 - **DELETE:** *Tree Planting Program*

This is out of sequence and more importantly the telephone number is discontinued.

On Standing Committees page 5 - **RE-INSERT** the corrected information:

*Tree Planting Program*

*Penelope West 858-999-7194*

On page 38 - **TREE PLANTING PROGRAM:** Note the correct page for the Donation Form is *page 43*



### ***Pumpkins for Patriots***

Sandy Small & Kathy McNeil, Co-Chairs

We are excited to announce the upcoming Fall workshop for the Bouquet of Thanks

Sea Episcopal Church in La Jolla.

This is a very popular and enjoyable workshop, so committee members should keep an eye out for the sign up opportunity! Participants will be taken on a first come, first served basis.

We are looking forward to another wonderful year of making days a little brighter for the VA patients and staff.

## ***VGCLJ News & Updates***

*Our Club has recently been featured in our local publications. Read them here:*

### **LA JOLLA LIGHT**

### **RANCH & COAST MAGAZINE**

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- Our Treasurer, Cindy Lococo, is leading the budget committee to create a budget for the 2021-2022 year that reflects our changes in dues and our planned meetings and activities. She will present the budget to the membership for approval in October.
  - Our Parliamentarians, Sandra McCreight and Suzanne Ward have initiated a review of the by-laws and will also be presenting their recommendations later this year.
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***Mark your Calendars:***



**NEW INFO:  
REVISED  
EVENT!**

Contact: Leah Higgins  
(619) 971-0380  
leahhigginsart@gmail.com  
[sdcoastalartstudios.com](http://sdcoastalartstudios.com)

**FOR IMMEDIATE RELEASE ON: August 20, 2021**

## **SAN DIEGO COASTAL ART STUDIOS TOUR**

*The First Annual Artist's Garden and Studio Event in 30 Years*

LA JOLLA, & PACIFIC BEACH, CA.

 **Saturday, Sept 18, 10am-5pm**

Take a **FREE** self-guided tour to see thirty+ local artists opening their studios, gardens and artworks for purchase. It's a rare opportunity to view their creative techniques with engaging displays. **SIX** locations will host the tour in La Jolla and Pacific Beach.

**Some hints include: a Kate Sessions' 1926 home designed by Irving Gill, a working Ceramic Studio and a 1920 Moorish style home with a 20' tall studio.**



**An invitational event, artists will be displaying in these diverse categories:**

Realism, abstracts, watercolors, photography, mixed media, pastels, jewelry, fiber arts, ceramics, wood and gourds. Sizes range from small to monumental in both 2D and 3D. Besides a listing by categories, our website introduces every artist with their statement, examples of their works and a cameo photo. Masks Are Requested and No Dogs Please.



**Tour Locations will be posted on our website: [sdcoastalartstudios.com](http://sdcoastalartstudios.com)**

and handed out at: **The Land's End Gallery**, 4984 Cass St, San Diego, CA 92109

This event will benefit children's scholarship programs at

**The Village Arts & Education Foundation**  
of Spanish Village in Balboa Park.



Enclosed are various photos.

## *In Memoriam*



Over the summer, our Club experienced significant losses among its membership.

These deaths included **Jill Coughlin**, an active member since 2004.

Other losses included **Dave Evans**, husband of member Janet Evans; **William Stanton**, husband of member Lois Stanton; and **Martin Engler**, father of

families.

## ***Growing Edibles on the Coast***

### ***Padrón Pepper***

By Arthur Dawson

After half a century of growing our own produce, we have become almost independent of the supermarket. We have achieved this by learning when to plant various vegetables for a year-round harvest and also by adjusting our diet to what is in season. We have been assisted by the changing climate which has greatly lengthened the harvest season for some frost-tender crops such as tomatoes, cucumbers, and eggplants. The penalty we have paid for so intensively cultivating our beds is that the soil is loaded with pathogens, and for many vegetables we can grow only the most disease-resistant varieties, having had to give up on many desirable heirlooms.

We have not found a sweet pepper sufficiently resistant to thrive in our garden. With luck we may get two or three undersized fruit from a bell pepper plant and must perforce turn to the supermarket when we need them. Happily, chili peppers aren't bothered by our soil diseases, and we grow several types. However, most of them are much too hot for our northern palates and the crop goes to Juan, the gardener, and his friends. This year we grew the famous Padrón pepper and it was a great success, flourishing in our garden and providing an amount of spiciness that we can both tolerate and enjoy.

These peppers were first cultivated from seeds brought from the New World to the Franciscan monastery at Herbón, near the town of Padrón in Galicia. In Europe 'pemento de Herbón' is recognized as a protected designation of origin but the seed is widely available online. We planted them in containers in early February, keeping them in a sunny widow until they were ready to set out in early May. The fruit began to reach harvest size (about two inches long) early in July and the three plants have churned out more than we can use for the last month. If you pick the fruit when it is small (under three inches), most of them are only slightly spicy, but you will occasionally get a fiery one. "Some are hot, and some are not." The pungency increases as they mature and is augmented if the plants are stressed by underwatering. They will eventually turn red, but they are normally eaten young and green. They are a favourite item in tapas, heated in a skillet with olive oil until the skin is blistered. You will find scores of recipes for their preparation on the Internet, all much the same. They can be added to many other dishes that benefit from a bit of zing. Helen even put some in a batch of zucchini bread.

Unfortunately, they don't seem as impervious to soil-borne fungi as some of the scorchers now established as perennial in our garden. I'll plan on a second planting in future years, a strategy we have found essential for even the most disease-resistant tomatoes.





## ***No matter how you connect to VGCLJ. . .***

The communications from VGCLJ will primarily be through emails or eBlasts, including the Spindrift or information posted on the **VGCLJ website**. The club also has a Facebook chat room (for our members only). See below to make sure you are signed up so you have access to all the latest news.

### **VGCLJ Website - Members Only Section**

Our club has a public and private side to its website. Visit our **Members Only** page to read past Spindrift issues, view the Yearbook or Member Roster and other important information that is for our members' eyes only.

We have recently changed the password to a universal password:

**vgclj1974**

You will no longer need to enter in your email address and personal password.



### **Facebook**

Visit our Facebook page for garden tips, events, announcements and to stay in touch with fellow members. This is a closed Facebook group to only our club members. Please request to 'Join' our group! Search for us as "VGCLJ Chat Room."

*\* A spindrift is the spray blown from the crests of waves by the wind—and we think of the content of our newsletter as reflecting the events, projects, and members of our club. While we are mindful of our history, we are moving to the new name as a web search reveals that a spindrifter is now associated most prominently with the bottom drain for a pond—not the metaphor we would choose for our wonderful club.*

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