



The Spindrifter

September, 2018
Volume 45, Issue 1

**Presidents:**

Bonnie Sipe 858-454-9381

bsipe@san.rr.com

Penelope West 858-587-9840

penelopewest1@gmail.com

Editors:

Lynn Jewell 619-222-6985

jewellbox@cox.net

Nancy Palmtag 619-224-1523

npalmtag@msn.com

Catherine Fraser 630-461-4720

Catherine.volini@gmail.com

Donna McClay

djmccclay@gmail.com

Mailing:

Annette Ritchie-Buis 858-459-5621

bisontl@aol.com

EBlast

Gail Dill 619-466-8922

gaildill@cox.net

Webmaster:

Sara Carpenter 858/344-5807

shoffelt@gmail.com

General Meeting

Thursday, September 27, 2018-Members Only

CONGREGATION BETH ISRAEL

9001 TOWNE CENTRE DRIVE, SAN DIEGO

*Parking garage on site; Enter from Golden Haven Drive
See inside for more information on valet parking*

9 –10 a.m. Hospitality hour

10-10:30 a.m. Business meeting

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



Garden History

Speaker: Eric T. Haskell, PhD

“The Gardens of Brécý: A Lasting Landscape”

Brécý is the most dazzling, small-scale, formal garden in private hands today in France. Although designed by an unknown architect, its gardens have been compared to those of Versailles. They were extensively renovated and reopened in the 1990s. Our speaker, Eric Haskell, has produced a definitive book on the gardens.

Eric Haskell received his PhD in French Literature from the University of California, Irvine, and is Professor Emeritus of French Studies and Interdisciplinary Inquiry, and Director Emeritus of the Clark Humanities Museum of Scripps College. (cont'd pg. 3)

~~From the Co-Presidents' Desk~~

A new Garden Club year is beginning and I am excited at what is in store. We gather as gardeners, environmentalists, artists, and floral designers, but most especially as friends who generously share their talents to benefit us all. We are delighted to have 16 new members who will be officially welcomed in September at a tea held at the lovely home of Barbara Doren. You will recognize them at our Club meeting by a yellow flower on their badges, so please introduce yourself and make them feel welcome.

Our theme this year is "Gardening is good for wildlife, for people, and for society."

As a keen gardener, I joined the Royal Horticulture Society while in England this summer, and was intrigued to see how much power they attribute to gardeners to restore our environment by gardening with nature in mind. Two take-home messages resonated for me – first, that to be good for wildlife, pollinators, and our planet, a garden does not have to be wild or unruly; wildlife are happy with symmetry and beautiful design. Secondly, a RHS study has shown that a mixture of the exotic and native plants, in fact, attracts more pollinators than areas with purely natives!

When you pick up your yearbook, I hope you will take the time to read about the upcoming speakers, workshops, field trips, and the many activities our club undertakes. Committee Chairs have been working through the summer researching, planning, and organizing for the year's events. Do let them know you appreciate their efforts. Also, I want to recognize the painstaking work that has been put into the yearbook by Mercedes Bartolomei-Penner, yearbook editor, working with Kate Engler and Donna McClay on the roster; and Sara Carpenter who processed all the membership data, contact information, and committee choices. It's a lot of work in front of the computer, but with such valuable results! Among new features this year is the first name index. How many times do you know a person by their first name, but can't remember their last? Here is the answer!

While the Refreshments table with its beautiful floral arrangements is a great attraction, don't miss out on visiting all the tables around the room. Horticulture, Market Place, and the Holiday Pantry Sale have new, creative, and tempting ideas. There are many wonderful things about our Garden Club – and Robin Vandever will be compiling a collection in a new Garden Club book entitled, *Our Favorite Things!*

This September meeting we will vote on the budget for the year. We are so lucky to have Cindy Lococo, as our Treasurer. Her calm and competent skill in managing our finances and preparing the budget is priceless!

Although our membership is a little lower this year, I fear parking will still present a challenge. We will continue with the valet-assisted parking, but CBI has only 106 spaces. So, for some of us the options will be: street parking, UTC with a fee, or finding a partner with whom to carpool. If we could pair people up with just one other person, it would make a huge difference. I plan to carpool with my neighbor, Eva!

Bonnie and I have found that working together as co-presidents makes managing our large club much easier. Bonnie will be away for our September meeting undergoing a 5-week intensive new treatment that offers hope of restoring losses incurred in her stroke some 20 years earlier. We wish her much success with this. She returns at the end of September.

I look forward to meeting you all again on September 27th for another great year!

Penelope





His publications in English and French cover a wide range of topics from garden history to 19th century poetry. He is a frequent guest lecturer, having delivered over 550 public lectures and scholarly papers both nationally and internationally, at venues ranging from the J. Paul Getty Museum to New York's Metropolitan Museum of Art, and from Harvard University to the University of Paris. In 2000, he was the keynote speaker for the Millennium Meeting of Garden Clubs of America. Two of France's highest honors have been bestowed upon Dr. Haskell – Knight of the Order of Arts & Letters (Chevalier de l'Ordre des Arts et des Lettres) and was also named Knight of the Order of Academic Palms (Chevalier des Palmes Académiques), the most prestigious honor for academics in France. At Scripps College Dr. Haskell teaches a course entitled, "Sites of Seduction: Aesthetic Contexts of the French Garden."



A new VGCLJ book is in the works! It will include recipes, together with members' thoughts and comments, celebrating all facets of VGCLJ. Our committee will be asking members: "What are your favorite things about VGCLJ?"

Is it a recipe you'd love to have?

Was it one of our speakers?

Did you find something at the Horticulture table?

Or something else?

The book will be published and available for sale during our 2019/2020 year. The collection of recipes in 2011 sold out quickly and generously supported the Club's many programs. Each entry you share will earn you a chance at winning a free book! We look forward to hearing from all of you. Please look for our table at the September meeting!

Chair: Robin Vandever (858) 551-5852

Refreshments

Thank you for the **tremendous** response to our new system of enlisting volunteers! The marvelous assortment of snacks brought by the members to each General Meeting is appreciated by all!

The Refreshments Committee welcomes you to add your name at any time:

<https://www.signupgenius.com/go/409054aa8ab2aa64-refreshments>



Sheryl Lester

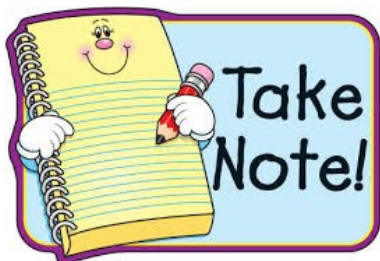
**IMPORTANT
INFORMATION**

Parking

The valet parking service will again help us park more efficiently in the parking structure; and a certain number of spaces will be marked handicapped under the solar panels. However, because we have more members than the number of parking spaces available to Congregation Beth Israel, parking may remain a challenge.

As before, our options are:

- * Street parking;
- * Park at UTC, near Towne Centre Drive – they are not yet charging for parking; or
- * Carpool. If a person took just one other member, we would halve the number of spaces needed.



Entry to the Social Hall

We have been notified that for security reasons, the Service Entrance may now only be used by those with set-up material, such as Ways & Means or Horticulture, where a cart will be needed. All others, including those bringing refreshments, posters, or plant cuttings must use the Main Entrance, or use the stairs in the parking structure and enter by the gate.

OCTOBER WORKSHOP

Get ready to sign up at the September meeting for the October workshop – *Holistic Health Care in Your Garden* with Gisele Schoniger, Organic Gardening Educator at Kellogg Garden Products. Ms. Schoniger will inspire us with small changes that will garner big rewards for your garden soil. The workshop will commence immediately following the October meeting at the Congregation Beth Israel. Please bring your \$20 (check or cash) when you sign up.



Refreshments will be provided.

Linda Bienhoff



KUDOS



Many thanks to Mercedes Bartolomei Penner and her team of Kate Engler and Donna McClay, for their work on preparing the year book and for having it ready for delivery to the Board at their August meeting. Thank you, Mercedes, for a difficult and time-consuming job well done.



UPCOMING GARDENING EVENTS

By Pat Parks

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



Saturday, Sept 22nd (a) & Sunday, Sept. 23rd (b) Master Gardener Association of San Diego County:

(a) Plant Extravaganza at Casa Del Prado in Balboa Park (9AM to 3PM).

Unique plants for sale, exhibits and demos, garden art, used books, tool sharpening.

Check Master Gardeners' website for additional information.

(b) "Ask a Master Gardener," at the Balboa Park Botanical Building.

www.mastergardenerssandiego.org

Saturday, Oct 6th (a) & Saturday and Sunday, Oct 20th and 21st (b) San Diego Botanic Garden:

(a) Orchid Clinic – educational sessions presented by local orchid experts (10AM to 3PM).

(b) Fall Plant Sale (10AM to 4PM). All remaining plants half price on Monday the 22nd from 9AM to 12PM.

<https://www.sdbgarden.org>

Saturday/Sunday, Sept 29th and 30th San Diego Bonsai Club:

53rd Annual Fall Bonsai Show. Amazing bonsai will be on display and for sale. Come early for best selection.

<https://www.sandiegobonsaiclub.com>

Monday, Oct 8th San Diego Horticultural Society:

"Including Edible Plants in the Ornamental Gardens," presentation by Brie Arthur.

www.sdhort.org

Saturday, Sept 22nd California Garden Clubs / Palomar District:

Garden and Floral Arrangers Guild "Enchanted Autumn" NGC Small Standard Flower Show and Fairy Garden Festival

www.californiagardenclubs.com/palomardistrict

Saturday, Oct. 6th Slow Food Urban San Diego:

Good Food Community Fair (11AM to 4PM)

Part festival, part conference, artisanal food, cooking demos, panel discussions with local farmers, fishermen, chefs, food producers, etc. Tour the first sustainable edible garden in Balboa Park.

<https://www.slowfoodurbansandiego.org/blog/2018/8/9/save-the-date-the-fifth-annual-good-food-community-fair>



Photography



Don't miss the recent additions to our photo site!

Visit us at vgclj.smugmug.com

Scroll down the Home Page to Recent Galleries

Yes, many Folders on the Home Page are empty and they are just waiting to be filled with this year's exciting photos. To see last year's photos, go to Past Years Folder.

For your convenience, and since it's the beginning of the year, here are the links for last May's activities. In the future, we will only remind you to check Recent Galleries on the photo site.

May Baskets - Bouquet of Thanks, <https://vgclj.smugmug.com/Past-Years/2017-2018/CivicProjects/Bouquet-of-Thanks/May-Baskets-2018-05-22/>

Jacaranda Dedication - <https://vgclj.smugmug.com/Past-Years/2017-2018/CivicProjects/Jacaranda/2018-05-16-Jacaranda-Dedication/>

May Meeting - <https://vgclj.smugmug.com/Past-Years/2017-2018/Meetings/General-Meeting-2018-05-24/>

Floral Arrangements - <https://vgclj.smugmug.com/Past-Years/2017-2018/Activities/Floral-Arrangements/>

May Luncheon - <https://vgclj.smugmug.com/Past-Years/2017-2018/Events/MayLuncheon20172018/>

Horticulture - <https://vgclj.smugmug.com/Past-Years/2017-2018/Activities/Horticulture/>

Enjoy,
Marge Palmer



The 2018 Governing Board

GARDENERS' EXCHANGE

Formerly The Plant Exchange Table

The Plant Exchange Table now has a new, more encompassing name – **Gardeners' Exchange**. Since all of you bring much more than plants, cuttings, seeds, and seedlings, we needed a name that included other items, such as vases, planters, baskets, dishes, bowls, frames, books, gardening supplies and tools, as well as any type of garden décor. Thanks to all of you who contribute great treasures for our tables. We can also use more plastic bags for the items. Now with our warm/hot summer weather, you can garden and clear out to your hearts' content. We are always happy to display whatever garden item you bring, knowing that we will find good homes! We really appreciate all of your interest and contributions and look forward to seeing you at our September meeting, the first of our new 2018-2019 year.

Happy gardening from The Gardeners' Exchange Committee co-chairs,

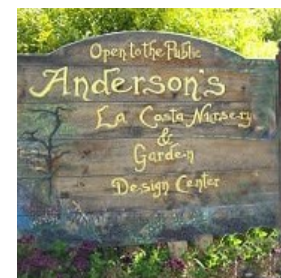
Clara Blenis and Suzanne Thomas



HORTICULTURE

We invite you to share your plants and flowers by bringing a clipping or bouquet from your garden for the display at the horticulture tables! Please label your plants if possible, or we can provide labels so everyone can share and learn.

This month, Mariah Smith of Anderson's La Costa Nursery in Encinitas, will be a special guest at the horticulture tables. Mariah will share a display of native and drought-tolerant plants that will be available for fall planting in your garden. Mariah and her husband Marc own Anderson's La Costa, a lovely family-owned nursery off I-5 @ La Costa Avenue in Encinitas.



Come by and say hi! We look forward to seeing you.
Sharon Patel



Be sure to stop by **Trowels and Treasures** before and after the meeting. Each month will focus on carefully selected gifts and garden items. This month's theme will be "*Getting Started in the Garden*," featuring hats, tools, trugs, and a few surprises! As an added bonus we are selling four signed copies of Alice Waters' book, *Coming to My Senses: The Making of a Counterculture Cook*, plus two additional unsigned copies.

Sue Kalish

Over the Garden Gate

Linda Happ Morse



Linda has been a member of VGCLJ since 2013 when she hit the ground running. She volunteered to be the Ways and Means Co-Chair before she had ever been to a meeting! She has since been Workshops Co-Chair and now the Chair of the Holiday Pantry Sale. "I love coming to garden club, I have learned so much and I enjoy the camaraderie."

Speaking of camaraderie, Linda retired from a 32-year career as a firefighter for San Diego Fire-Rescue Department. She was one of the first women to join the force in 1984. "When I signed up to take the entry exam, I was surrounded by news reporters the minute I walked in the room. The next day, I was on the front page of the LA Times. Perhaps it was because I was the only one in the room sporting a ponytail and a mini skirt!" She soon joined the ranks and was stationed throughout the city during her career. Moving up the ranks, her last assignment was Fire Captain at San Carlos Fire Station #34.

Linda and her husband Joe are native San Diegans. Joe, a retired Real Estate Broker and Property Manager, and was able to find "fixer uppers" as investments during his career. "We have spent many years renovating properties which meant tackling various unglamorous jobs such as scraping paint and tiling bathrooms. We have two sons and we always involved them in our projects. They both learned to be hard workers and are eager to find their own investments."

Linda has been passionate about gardening ever since she can remember. She always planted kitchen gardens at the fire stations, and volunteered as the garden docent at her sons' elementary school. She became a Master Gardener in 2012, and became President of the San Diego Master Gardeners in 2013. She is currently the President of the San Diego County Garden Guild. Her favorite part of participating in gardening groups is that it usually leads to shopping, lunching, and travel. "I have enjoyed the VGCLJ field trips – it is the best way to get to know other members, and the gardens are always spectacular!" She recently has traveled with the Master Gardeners to Italy, Germany, Austria, Switzerland, and England. Her travel mate is her sister, Cindy Lococo, our Treasurer.

Linda and her husband currently live in La Mesa. They are nearly finished with the renovations on their house, and have started construction on an enormous vegetable and cut flower garden. They share their yard with two cats and four chickens. "We have created an urban farm and will soon be able to go outside and pick our dinner," says Linda. She will be incorporating into her own garden the many ideas she has found from various garden club programs and travel experiences.

Email correction for Anita Lindberg: Lindberg711@icloud.com



JACARANDA COMMITTEE WAS BUSY ALL SUMMER

Eighteen trees were planted over the summer by the Port of San Diego, and three trees were planted at the Mission Hills/Hillcrest Public Library. The San Diego City Planning Dept. has contacted us to plant five more trees on Pearl St. in La Jolla. There is a possibility to plant trees at the new San Ysidro Public Library currently under construction. Julia Sheldon contacted us to look into planting trees in parks in Carmel Valley near her home.

Our committee members have also been busy finding sites this summer. Devonna Hall has put us in touch with a Master Gardener who wants trees for a school yard garden at Scripps Ranch High School. Sally Ashburn is working with UCSD getting trees planted at UCSD's new Living Learning Neighborhood, Gleneva Belice is working on getting trees in the Community Gardens at UCSD, and Dori Robbins McCue is working with the La Jolla Recreation Center Board to get trees planted there. I have contacted the Save Our Forest program in Fallbrook, the San Diego City Community Forest Advisory Board, the San Diego City Forester, the San Diego City Horticulturalist, the Mellenia Project in Chula Vista (which will have six parks), and the AIDS Memorial Park in Banker's Hill. We have many additional local planting sites to explore in the next year.

Jan Nelte



YEARBOOK



We would LOVE to
Recycle Your Yearbook!

Please bring it to the Membership Table in September

Dodie Williams

News from the Magazine Library

On behalf of the Magazine Library Committee, we are looking forward to greeting one and all. It is very easy to just drop by the table and select a seasonal magazine or two. If you prefer to have a magazine(s) held until the end of the meeting – no problem. Please do consider donating a gardening magazine. We welcome publications from any season during the year.

San Diego Home/Garden has a very special edition for the month of September 2018 – "Gardens Of The Year."
Do not miss this special edition.

Gaynor Pates





GROWING EDIBLES ON THE COAST – 93

**More about Okra**

I first wrote about okra in this column four years ago, reporting a first success with this vegetable after several failures during the previous four decades. I attributed our good fortune to a warming climate. This is, no doubt, part of the explanation, but you may find our further experience in the last four seasons helpful if you want to have a shot at growing okra.

I've read several places that okra can be grown anywhere that corn is successful. This is far from my experience. Corn is easy to grow in our garden. I make the first planting early in March and perhaps could start it even earlier. I have harvested it as late as mid-November.

Okra won't flourish when the nights are cool and there is no point in starting the seed before the second week of April. Next year I'll wait until the last week of April. Some authorities recommend soaking the seed before planting but, starting them in pots, I haven't noted any problem with slow germination. The seedlings do seem to suffer a slowdown after being set out and I will try planting them in peat pots next year.

After we've grown a vegetable for a few years, we usually settle on a variety that does well for us, although we're always open to trying something new. Our first okra success was with the widely available 'Clemson Spineless,' and since then we've tried 'Zarah,' the red variety 'Burgundy,' and this year, 'Jambalaya.' Because of other variables, I can't strongly recommend one over the others, but my impression is that 'Zarah' may be more difficult to grow and 'Jambalaya' seems especially vigorous and productive.

One year, our crop was destroyed by aphids. Since then I spray aggressively at the first sign of them. Flea beetles are a problem until the seedlings get above six inches in height. Spinosad is very effective in controlling them as well as several other pests, but you need something like insecticidal soap for aphids. Surprisingly, our plants have not been attacked by giant whitefly, a pest that flourishes on hibiscus and other members of the mallow family.

The large hibiscus-like flowers are open for only a few hours. For a couple of weeks the fruit didn't mature, presumably because they lacked insect pollinators. It was the second week in August before our harvest amounted to much, but by late August, our seven plants are churning out the pods. 'Jambalaya' becomes fibrous at a relatively small size and they should be cut at four inches or smaller. The much maligned 'sliminess' also seems to be less of an issue when the pods are harvested small.

Speaking of sliminess, this advice from *Southern Living* may be helpful. "Virginia Willis wrote a book all about okra. And here are five of her favorite slime-busting tips. Choose small fresh pods. The smaller the pod, the less slime you'll get. Cook okra at high heat. Roasting at high temperatures, searing in a hot cast-iron pan, deep fat frying, or grilling are some of our favorite okra cooking methods. Wash and dry okra very thoroughly, very thoroughly. If you cook wet okra it will start to steam, which will cause it to slime. Cook okra in small batches. If you overcrowd the pan, you're gonna bring the heat down and start steaming and sliming the okra. Add an acid while you're cooking okra. We add chopped up tomato, a splash of lemon juice, vinegar, or wine, to add flavor and cut down on slime."

One phenomenon that I found worrisome at first is that the palmate leaves, with their long stems, will turn brown, shrivel, and drop over the course of a couple of days. This seems to be normal behavior, and the process continues for weeks while the rest of the plant remains healthy.

Once the plants are stimulated by warmer temperatures, especially during the night, they grow steadily, reaching six feet by the end of the season. One website that I consulted recommended six plants per person in a family. That might be good advice if you want a long harvest season, including through July when production is low. You'll face a glut in September, but that may be the time to pickle them, so that you can enjoy them through the winter and spring.

Arthur Dawson

November 6th Field Trip to North County

Our first VGCLJ field trip of the year takes us to see unique plants growing right here in our backyard. We will visit the San Diego Botanic Garden and Rancho Soledad Nurseries (*Note: this is a change from the Yearbook.*)



We begin with a private tour of the Botanic Garden including its fabulous new Conservatory, scheduled to open this fall. After lunch at a nearby restaurant, we will travel to Rancho Soledad Nurseries, a 25-acre, wholesale/retail, Rancho Santa Fe nursery, which focuses on exotic water-wise plants. We will have a private tour of the property and an introduction to Soledad's hybridizing and tissue culture program. Because of this program, Rancho Soledad is able offer plant varieties not available anywhere else. Time for shopping is, of course, included.
(photo Rachel Cobb)



Trip costs \$35 including lunch, payable at sign-up. Everyone who signs up will receive a list of names and addresses to facilitate carpools. You can also leave your car at the Botanic Garden and ride with another club member to lunch and Rancho Soledad.

Space is limited. Be sure to sign up on September 27th!

Susan Starr

Bouquet of Thanks News

Since 2012, the Bouquet of Thanks (BOT) Committee has provided seasonal floral tributes to the La Jolla VA Hospital for the enjoyment of patients, their families, and staff. We are supported by about 50 creative volunteers, as well as by financial and material donations from club members throughout the year. Thanks to all who so generously contributed to BOT during our membership renewal in May. Unfortunately, we are not going to be able to count on the extra \$1000 that the Board was able to budget for us last year. Therefore, we have decided to focus initially on three near-term projects (Pumpkins, December Holidays, and Tillandsias) with the hope that we can raise additional funding for another project or two as the year progresses.

Pumpkins. Julia Sheldon and new member, Sandra Small, will chair our October project—the 6th Annual Pumpkins for Patriots Workshop. Our stunning, long-lasting succulent-topped pumpkins have become the most requested floral arrangements at the VA Hospital. We will once again be graciously hosted at St. James By The Sea Episcopal Church on Monday, October 22nd, from 10am to approximately 1pm. During this easy workshop, we will decorate about 100 small and 36 larger pumpkins with moss, colorful succulents, seed pods, pine cones, driftwood, etc. Donations of any of these materials would be greatly appreciated. As always, instruction, tools, and materials will be provided.

We can accommodate up to 30 volunteers. *Committee members will be given priority to sign up early by phone or email for this popular workshop.* (Contact Julia at 858-792-0131 or juliaisheldon@gmail.com.) At the September 27th meeting, we will accept sign-ups from the general membership for any remaining spaces plus a few alternates to replace cancellations.



Here's to another great year of spreading thanks!
Julia Sheldon, Chair

Healing Earth Through our Gardens

Never before has what we do in our gardens been more important than now as we occupy more and more of the earth's surface. By choosing to preserve and protect our resources, and make as little negative impact on the earth as possible, we can help re-direct our path toward sustainability for ourselves and for the future of this planet. Time is critical though, as many species continue to decline in numbers, and other environmental impacts add insult to injury. We don't have to change everything, just one small thing at a time.

So, how do we start the journey toward sustainability? First, we must step back and see how our collective actions have damaged our environment. After determining what doesn't work, then we can collectively start to correct those negative actions. An example is the use of pesticides and herbicides. As a nation we pour one billion or more pounds of pesticides into our soil every year. Insects are an essential part of the food chain for life on this planet. Without them we will all suffer. For starters, the loss of bees and other pollinators has declined to a concerning level, enough so that the government is starting to take action. Pollinators, including huge numbers of insects, cause many flowering plants to bear fruit or vegetables, which is a third of all the food we eat. We can do our part by eliminating pesticides, and planting nectar- and pollen-rich plants. At times though, we may find ourselves needing to find solutions to pests, and with careful research, we will be able to find the least toxic solutions. At other times when we think we need pesticides, we will find they may not be required. Even roses can be grown beautifully without any pesticides.

Over the course of the next eight months we will look at various topics of sustainability, like better land management practices, and the use of natives plants. We need your input! No one person has all the solutions. This complex problem will need many voices to find resolution. In October, November, and April, come to the horticultural table to look at some suggestions we will have on the topic of sustainability, where displays will be presented, and a suggestion box for your ideas will await. Also check out *The Spindrifter* for more information on sustaining earth through our gardens. Become a hero! Start to heal the earth through your garden! It only takes one small change at a time!

Allison McGee

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

