



The Spindrifter

November 2018
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General Meeting - Thursday, November 15

(Open to Guests - \$15 fee)

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

*"Change Your Holiday Floral Philosophy for 2018:
Integrate Rich Greens and Indigos into your Centerpieces,
Then Share! "*

Speakers: Flower Duet—Casey Schwartz and Kit Wertz



This dynamic duo of sisters has grown their 20-year old Los Angeles-based floral design business, Flower Duet, into a multifaceted studio with services ranging from lessons, workshops, tours, and online teaching to weddings, events, and corporate commissions. They make a conscious effort to source flowers and greenery from local farms in Southern California, and credit their success to longstanding relationships with wholesalers and flower farmers at the Los Angeles Flower District, as well as familiarity with seasonal product sourcing. Casey and Kit have been speakers and presenters at the Huntington Gardens in Pasadena, The Los Angeles Flower and Garden Show, and the Slow Flowers Summit, as well as to numerous floral industry events and garden clubs. They have been active participants in the slow flowers movement which promotes local, seasonal, and

sustainably grown flowers and other materials. Casey (Coleman) Schwartz and Kit (Coleman) Wertz will demonstrate a holiday centerpiece design technique that can be shared at the end of the dinner with each guest, as well as techniques for other holiday decor. They will show us how to integrate rich, jewel tones into home decoration by using natural accents found in nature, flowers, and foliage.

~~From the Co-President's Desk~~

Greetings from your Co-Presidents,

The Holiday Season has begun! Our thoughts turn to celebrating Thanksgiving this month, and prompt us to think of the many blessings we enjoy. In other parts of the country, November evokes wintry images - *no fruits, no flowers, no leaves, no birds* - *November!* How thankful I am that I now live in San Diego where November evokes images of a new color palette of cool season flowers; and in my garden hummingbirds visit salvia in full bloom; bougainvillea and roses are at their best, since insects have moved on; and pyracantha is covered in red berries. It is perhaps true the birds at our feeder look a little drab at this time of year!

Furthermore, I think of the Garden Club and all it has to offer and am awed by the passion and creativity of our committee chairs – from the gardening-related table displays, to our wonderful civic projects, and planned field trips. Our social hour with delicious refreshments draws us together as friends. We have so much to enjoy and be thankful for, as we saw at our October meeting.

The Horticulture table overflowed with beautiful and interesting vegetables, flowering plants, and an amazing gourd – all from members' gardens. Information on good and bad gardening practices were featured in the first of an educational series on healing the earth, led by Allison McGee.

The Marketplace buzzed with sales of beautifully made trugs, quality tools, ornaments, and tempting gardening-related items, gathered by Nan Kaufman, Maureen McMahon, and Sue Kalish, as well as several beautifully decorated pumpkins created by Torri Schiller.

Clara Blenis at Gardeners' Exchange and Karen White at Master Gardeners added to the wealth of resources for our gardens.

Janet Mika reminded us of the benefits to the Club if we use the Club's Amazon link during this season of giving. Pat Lau had us all laughing at her clever idea for prompting us to send in our checks for the December luncheon. What was that popular TV ad again?

Paula McColl introduced our program speaker, Susan Morrison, who spoke brilliantly on practical landscaping for today's busy families, where the guiding principle was personal lifestyle according to *What will you be doing in the garden? When will you be outside? Who will be with you?* Her book The Less is More Garden sold out rapidly!

Those who stayed on for the workshop with Giselle Schoniger, organized by Peggy Sbardellati and Linda Bienhoff, were treated to another excellent talk with information about amending and nourishing the soil. This was perfect timing for the fall planting season.

So, as we wish you a very happy Thanksgiving, Bonnie and I thank you all for the contributions you make so enthusiastically to our Club.

Penelope and Bonnie
Co-Presidents

Field Trips

Farm to Table on February 13, 2019

Join us on February 13th for our Farm to Table Field trip. We'll begin the day at 10:00 at Dickinson Farm in National City. Dickinson is known for its organically grown fruits, vegetables, and herbs. We'll start with a farm tour given by the founding farmer, and then split into groups to harvest and prepare the veggies for a delicious lunch under the property's 100-year-old pine tree. After lunch, we return to midtown San Diego for a tour of Specialty Produce. Specialty Produce is a family owned and operated



produce supplier to some of the best restaurants in San Diego. They carry hundreds of items, many of which, are never available in local food stores. Their chef regularly combs farmer's markets for the latest and greatest foodie finds. We'll get a fascinating private tour of their warehouse and learn about all the different foods we can buy there to enrich our tables. Time for shopping will be included. Our last stop is a private tour of one of the most outstanding gardens in San Diego, close by in Mission Hills.

Cost: \$35 per person (includes lunch at Dickinson Farm).
Carpooling is recommended.

SCHOOLYARD GARDENING GRANTS COMMITTEE

In this season of being thankful, we acknowledge the past support of our members to this club's civic project. It is through those donations we aim to inspire a love of gardening to students by providing funding for schoolyard gardens in our county. If you did not contribute to this program when renewing your dues and wish to support it, please stop by our table during the months of November and December where we will be selling holiday gifts for the young gardeners in your families! We will offer new and gently used children's gardening books, garden tool sets, and gloves. Or, please consider a year-end, tax deductible contribution to support this committee's work, using the donation form found on page 45 of your yearbook.

Our committee met in early fall for an annual organizational meeting at the home of co-chair Sue Kalish. We allocated \$500 for scholarships to the October Master Gardeners' workshop "Gardening with Class." The recipients, all teachers from 10 Title I schools, received \$50 to cover their enrollment fees. This funding was made possible through your contributions.

The deadline for receipt of applications from schools for gardening grants for 2018-2019 was October 15th. Our members are presently reviewing these and will meet in early November at La Jolla Historical Society's Wisteria Cottage to discuss them. Last year 19 grants were awarded totaling \$11,014, including the SDUSD "Garden to Café" program. The success of last spring's "Meet the Masters" luncheon and lecture by Alice Waters enabled the allocation of a one-time \$5,000 grant to San Diego Unified School District's "Garden to Café" Program. We look forward to again being able to support with funding as many requests as we can through this worthy project started in 2004. Site visits to some of the schools receiving funding will be toured by committee members this spring.

Bouquet of Thanks Update

Pumpkins. On October 22nd, 32 Bouquet of Thanks volunteers created a riot of colorful pumpkins at St. James by the Sea Episcopal Church. During the *6th Annual Pumpkins for Patriots Workshop*, our talented group created ~140 stunning succulent-topped pumpkins for the VA Hospital, where patients, staff, and families eagerly await our festive pumpkins each year. There are many individuals who made this workshop a success, starting with our donors who provided financial support. A special thanks to Sandy Small, my co-chair for this event, and Alice Harmon who produced our enclosure cards, plus Kathleen McNiel, Linda Wittmer, and Marilyn Sorenson, who mossed pumpkins at Sandy's and delivered them to St. James. Penelope West and Kitty Kingma opened their lovely gardens and generously let us take many beautiful cuttings. Thanks to all who brought their creative energies to this workshop and especially to those who came early and stayed late to help set up and clean up. Many thanks to people who brought delicious refreshments that kept us going. Jill Holmes photographed our workshop and posted great photos at <https://vgclj.smugmug.com/Civic-Projects/Bouquet-of-Thanks-2018-2019/Pumpkins-for-Patriots-2019/i-27DprPw/A>, Thanks to Kathleen McNiel, Debi Nichols, and Gaynor Pates who delivered our beautiful creations to the VA Hospital. Lastly, a big thanks to St. James and especially Walter DuMelle for providing such a terrific work space and beverage service to our group for the sixth straight year.

Holiday Project. We will be delivering beautiful handmade cards, paired with purchased poinsettias, to the VA Hospital in December. My co-chair (also a new member) Nansea Wolff arranged for her card-making group at the Clairemont Recreation Center to generously donate ~180 handmade cards. These donations are made even more special by adding personal messages. All club member are invited to join us at the Bouquet of Thanks table before the November meeting to admire and sign all the wonderful handmade cards. Hope to see you then!

Julia Sheldon, Chair, Bouquet of Thanks



The Secret Garden Tour of La Jolla

Do you or someone you know have a beautiful garden? The La Jolla Historical Society is scouting for gardens for their Secret Garden Tour of La Jolla, scheduled for May 18, 2019. If you would like to nominate a garden, please contact Heath Fox, Executive Director of La Jolla Historical Society, at 858-459-5335, ext. 2, or at hfox@lajollahistory.org.

The Secret Garden Tour was started by our members, Susan Vandendriesse and Linda Marrone, and has been La Jolla Historical Society's premier fundraiser for over two decades. Proceeds from the tour help their mission of making La Jolla's diverse past a relevant part of contemporary life, and serving as a resource to explore history art, ideas, and culture.

Over the Garden Gate

Barbara Mullen

My Life, by the Numbers!



1 - Husband - Bruce is a retired dentist, an outdoorsman (hunter, fisherman), and a gardener. He plays the guitar, sings, and cooks most nights. (Why would I leave him?!)

2 - Sons - Jimmy (Notre Dame and Notre Dame Law) who lives in Newport Beach with his wife, Cammie, and 2 daughters - Alexis (9) and Bella (8), the perfect granddaughters! David (U.S. Naval Academy and Pepperdine) who has a charter boat business that takes passengers adventure yachting in Baja and Alaska. (We hope to go next year!)

2 - Homes - Del Mar and McCall, Idaho, where we spend summer into fall, and holidays skiing, golfing, boating, hunting, and fishing.

I do not really consider myself a gardener, however, I belong to two garden clubs - VGCLJ and Del Mar Garden Club. I love flowers, seeing other gardens, watching accomplished floral designers, and especially what I learn from our talented members. I joined VGCLJ in 2000 and have participated in the Ways and Means and Moore's Healing Garden committees among others. Highlights have been the trip to see the gardens of Oregon led by my sister-in-law, Gayle Eales, and participating in the Expressions in Art and Flowers with my sister-in-law, Karen Higgins.

I love to read and belong to two book clubs - McCall and locally. I am challenged by new authors, history, women's struggles, and the discussion that comes from sharing ideas. Additionally, I enjoy playing golf, playing bridge, doing needlework, and travel.

And now on to the big numbers! I have already celebrated the 50-year reunion of my graduation from Stanford, Bruce and I celebrated 53 years of marriage this past summer, and my ¾-century birthday is also behind me!



As for the future and the numbers I am still working on: my golf handicap, my weight (aren't we all!), and finally my friendships with an ever-growing circle of our members in the Village Garden Club!

EXPRESSIONS IN ART AND FLOWERS March 28, 2019

Greetings to all new and returning club artists and floral designers!

FEBRUARY 28th: Artists will bring their work to the social hall and designers will sign up for floral interpretation of the art.

MARCH 27th: Artists will return their work along with the floral interpretations for the event on March 28th.

At the **November club meeting** there will be a table for artists to sign up to participate in this fun event. We will be extending this invitation to 36 artists so please take this opportunity to get involved. You can also sign up online through the garden club website at <https://www.vgclj.com>.

If you are a floral designer, we encourage you to participate in this non-judged opportunity to express your creative talents. If you are a potential floral designer, please do not hesitate to try your hand at this. There will be mentors to support you along the way.

The March meeting will be open to guests from the community so please invite your family and friends. Music and refreshments will add to the festivities.

For more information please contact one of the Co-chairs:

Suzanne Barclay 619-987-8113

suzanneb37@yahoo.com

Elaine Butz 619-226-1821

embutz@cox.net



Kudos to Donna McClay who does a wonderful job editing our newsletter. She knows all the appropriate rules and happily spends much time checking every word and all the punctuation. We are proud of our newsletter thanks in large part to Donna. We send our heartfelt thanks!

Succulents – the Unexpected Gift that Keeps on Giving!

by
Donna McClay
Master Gardener

In her latest book, Hot Color, Dry Garden, Nan Sterman writes, “It is high time we set the record straight about what can be achieved, even with increasing water constraints.” Many traditional gardeners are afraid their gardens will morph into a desert landscape reminiscent of the Palm Springs gardens of the 60s and 70s, where color palettes were defined by gravel in varying shapes and patterns. Not so with succulents.

If you are thinking about ways to re-landscape your gardens into a water-wise paradise, why not consider the wide variety of succulents – plants that feature thick leaves that are able to retain water and thus require minimal rainfall, which makes them perfect for our “desert climate.” In just a few short months, a newly planted succulent garden will be bursting with vivid colors and interesting textures. When combined with other drought-tolerant plantings, succulent gardens can thrill even the most traditional gardener!

And that unexpected gift? Many varieties of succulents like echeverias, send out pups or chicks, which can be replanted to fill in blank spots in the garden. Other varieties like aeoniums, can easily be pruned to create one or more new plants. Once you have an established succulent garden, you will never have to buy more plants – unless of course you are so enamored that you want to try a new and interesting variety to add to the garden! But I’d be willing to bet that you have a friend or neighbor who is willing to share the bounty of his or her succulent garden with you.

Please stop by the Master Gardener table at the November meeting to learn more about how succulents can become your new favorite landscape plant, and contribute to our goal of water-wise gardening in San Diego!



HORTICULTURE – Healing Earth Through Our Gardens

In the United States over 1 billion pounds of pesticides are used annually. We are experiencing a steady drop in bees and other pollinators throughout the world. According to an article posted in CNN by [Euan McKirdy](#), on October 20, 2017, there has been over a 76% drop in insects in less than 3 decades. This corresponds closely with the loss of wildlife during a slightly longer period of time, many of which require insects and native plants to sustain them. The war on insects attacks biodiversity worldwide, with unknown consequences to our health.

Pesticides using Neonicotinoids are particularly bad, and are being banned from the EU. They are still available in the US, but please do not use them. It is especially bad for bees, killing or injuring them and other insects, and can stay in the ground and in all parts of the plant for years, long after the initial application. Neonicotinoids include different chemicals: Acetamiprid, Clothianidin, Imidacloprid, Nitenpyram, Nithazine, Thiacloprid, and Thiamethoxa. Go to <https://xerces.org/wings-archive/neonicotinoids-in-your-garden/for> the list of common products sold with these chemicals. We are not protecting our homes and gardens as the pesticide companies would have us believe. What we are doing is killing biodiversity, while injuring the health of our planet.

The best practice in controlling pests includes using integrative pest management, which stresses the least toxic ecological approach. For further information on this please go to <http://www.mastergardenersd.org/earth-friendly-gardens>, and to <http://ipm.ucanr.edu/PMG/PESTNOTES/index.html> for help on a particular problem, or ask one of our master gardeners for advice.

To a happy, sustainable earth, through our gardens,
Allison McGee

UPCOMING GARDENING EVENTS

By Pat Parks

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

There are listings for many events as well at <http://www.sdfloreal.org/calendar.htm>

Saturday, November 12: San Diego Horticultural Society meeting.

6 pm at Congregation Beth Israel

Karl Gercens: Exploring the World of Horticulture

<http://www.sdhort.org>

Wednesday, November 14: San Diego Epiphyllum Society meeting

7:00pm Workshop on epiphyllum care; 7:30pm meeting

Room 101, Casa del Prado, Balboa Park

<http://www.sandiegoepi.org>

Friday, November 16 (or third Friday of each month): Visit the San Diego Zoo for Plant Days and Orchid Odyssey. 10:00am -2:00 pm.

More information: <http://www.sandiegozoo.com>

(cont'd pg.12)

OUR FAVORITE THINGS!

As most of you know, a new VGCLJ book is in the works! Our committee's goal is to ask each of the members for input to the collection. We have so many new members since we published the first cookbook and we know you all have talents that the group has not yet discovered!



Our plan is to include recipes, together with members' thoughts and comments, celebrating all facets of VGCLJ. Our committee will be asking members:

What is your favorite recipe?

Do you have a favorite recipe from the first VGCLJ cookbook?

Is there a recipe you want that you tasted at the refreshment table, new member tea, or bake sale?

Do you have a special memory from the club activities or friends?

Did you get an amazing plant at the Exchange Table or Hort Table?

Was there a favorite speaker from one of our meetings?



The new collection 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. We hope to replicate that success with help from all of you. Each entry you share will earn you a chance at winning a free book! If reading this gives you an idea, please send it to Robin Vandever right now! We'll take a handwritten copy, a photo copy, an email, or any other way you can get it to us! We look forward to hearing from all of you. Please look for our table at the monthly meetings!

Chair: Robin Vandever (858) 551-5852

GARDENERS' EXCHANGE

Formerly the Plant Exchange Table

Thanks for all of your contributions to our September and October **Gardeners' Exchange Table**. It is fun to see the large variety of items, and especially nice to visit with all of those who come to our table. We are still accepting plants, cuttings, seeds, and seedlings (with labels), as well as vases, planters, baskets, dishes, bowls, frames, books, gardening supplies, tools, and garden decorations. We appreciate all of the great treasures you donate. 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 November meeting. After that, we can all start cutting our evergreens and other Christmas-decorating greens and berries for our December meeting.



Happy gardening from the Gardeners' Exchange Committee Co-chairs, Clara Blenis and Suzanne Thomas.

At Christmas Time, A Jacaranda Donation Is A Lovely Gift

Wondering what to give a loved one or a friend for Christmas? Here's a gift idea that is beautiful and brings lasting joy to others as well as the person who receives it: a donation for a Jacaranda Tree. It not only honors the recipient - the tree will grace the community for years, bringing pleasure to everyone in the area.

Just fill out the donation form on page 47 of the garden club's 2018-2019 directory and send it in with your \$50 donation. Or, pick up a donation form at the Jacaranda table at the November meeting. It's that easy to give someone a meaningful gift ... by putting a Jacaranda tree under someone's Christmas tree!



Holiday Luncheon

The Marine Room

December 13th

Noon until 3:00 pm

For those of you who believe the Marine Room in its beautiful setting just could not be improved upon, you simply did not join us for last year's luncheon. Under the creative vision of our table scape committee, the Spindrift and Seahorse rooms were transformed into a winter paradise. Each table was adorned by crystals, orchids, white roses and shimmering silver runners, all the backdrop for another of Chef Bernard's creative lunches. Since this very popular annual event is limited to 120 attendees, we anticipate it will once again be sold out. In the event you did not sign up at the October meeting, please bring your check or cash in the amount of \$55 to the November meeting, or mail your check with the Holiday Luncheon Reservation Form to:

Pat Lau
5646 Caminito Genio
La Jolla, CA 92037

You can access the form on our website: www.vgclj.com

Questions? Call me at 786-412-2222.

See you at the Marine Room!

Pat Lau
Chairman



PLANT PROFILES – 15 by Arthur Dawson
Moonflower

For the past six weeks we have spent our early evenings on the patio watching the amazing spectacle of moonflowers opening as the sun goes down. This common name has been applied to a number of night-blooming plants, including *Datura* and the evening primrose, *Oenothera*, but I'm referring to *Ipomea alba*, in the same genus as the sweet potato and some morning glories. This species is native to tropical America, and is usually treated as an annual in this country. We haven't attempted to keep it alive over the winter but it should be winter-hardy in our climate zone. It is listed as invasive in Hawaii and southern Florida.

The vine will grow to 15 feet or taller if it has something to climb on. Our current plant is on a six-foot support but it has spread to nearby shrubs and might overwhelm them if we didn't intervene. It has attractive heart-shaped leaves and is not much bothered by pests, and so it looks good during the four months or so from the time you set out the seedling to when the first blooms appear. No matter how long it has had to grow, it doesn't flower until the days begin to shorten. We saw our first bloom September 10th, but the number rapidly increased when we passed the equinox. We've counted as many as 60 on an evening in mid-October. On an overcast day they begin to open around 4:00 pm while it is more like 5:30 pm if it has been sunny. Sometimes the flowers almost pop open under your eye while others take up to an hour. It is fascinating to watch and, if you don't have access to a moonflower vine, you can find some interesting time-lapse videos on YouTube. The blooms are impressive at 6 to 7 inches in diameter. Some people find the fragrance overpowering, but I have to get my nose within a few inches of the flower to detect it, presumably because I'm missing a specific olfactory receptor. The flowers remain open through the night but shrivel rapidly when the sun hits them in the morning. In our area the main pollinator is the white-lined sphinx moth, *Hyles lineata*.

As I write in the last week of October, the new blooms don't seem to be slowing down at all. Each flower cluster has 20 or more buds suggesting that we may have several more weeks of flowering. However, I notice that some of the buds are turning brown and drying up, and I suspect that the plant will now direct its energy to the several score of growing fruits. It takes about six weeks from wilting of the blossom to full development of the fruit, which will dry, split, and drop three hard black seeds. In their native environment the seeds germinate rapidly after falling to the ground. In our climate they should be stored until spring and most writers recommend scoring the seed covers or soaking them in vinegar before planting.

Some websites warn you that moonflower is poisonous. This is in part because *Datura* (Jimson weed), also known as moonflower, contains some very poisonous alkaloids, like atropine and scopolamine. Some morning glories in the genus, *Ipomea*, contain psychedelic alkaloids, which in sufficient doses produce LSD-like effects. *Ipomea alba*, according to the authorities I have reviewed, is nontoxic and is, in fact, cultivated for food in some parts of the world.



The Calendar - (Cont'd. from pg.8)

December 2- 23 and 26-30: Garden of Lights at the San Diego Botanic Garden

230 Quail Gardens Drive, Encinitas. The garden is transformed into a winter wonderland with live music, warm beverages, toasted marshmallows and Santa. 5:00 pm - 9:00 p.m. daily.

More information: <http://sdbgarden.org/lights.htm>

Monday, December 3: Shinoda Design Center,

7170 Miramar Rd. San Diego 92121: Anthony "Tony" Alvarez AIFD – Seasonal and Holiday Designs.

Friday & Saturday, December 7, 8: San Diego Floral Association's "Festival of Trees"

Part of Balboa Park December Nights. This year's theme: "Celebrating the Holidays through Children's Dreams.". VGCLJ's tree will be decorated by Mary Ann Driscoll and friends.

Room 101, Casa del Prado, Balboa Park, Fri: 3:00-11:00 pm and Sat: noon- 11:00pm.

<http://www.balboapark.org/decemberevents>

Sunday, December 9: The Water Conservation Garden,

12122 Cuyamaca College W Dr., El Cajon, 92019. - Photography class: "Plant Paparazzi! Superb iPhone Pics." Go beyond the basics of iPhone photography with Docent and award-winning photographer, Sally Long. Take photos on any smartphone. www.thegarden.org

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

