



The Spindrifter

Volume 43, Issue 3-November 2016

General Meeting-Open to Guests (\$15)

Thursday, November 10, 2016

CONGREGATION BETH ISRAEL

**9001 TOWNE CENTRE DRIVE, SAN DIEGO
(PARKING GARAGE ON SITE; SEE DETAILS)**

9:00-10:00 a.m. Hospitality Hour
10:00-10:30 a.m. Business Meeting
10:30-11:45 a.m. Program

Speaker: Johanna Silver

*The Sunset Test Gardens Past and Present
The Bancroft Gardens*

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“Sunset” recently moved from its original Menlo Park headquarters. Their offices have been relocated to Jack London Square in Oakland, and their famous test gardens have moved to The Cornerstone Marketplace, located on CA 121 between the towns of Napa and Sonoma. Johanna Silver has been working in those test gardens since joining “Sunset” in 2008, first in Menlo Park and now in Sonoma.

As Garden Editor of “Sunset,” Johanna will discuss the genesis of the newly created test gardens, what new plants they are growing, and how these choices have changed over time. She has terrific stories about both the past and present of the Sunset Test Gardens including what was good, what was ridiculous, and what just plain failed.

In addition to being Sunset’s Garden Editor, Johanna is a writer and garden designer. Wearing that hat, *The Bold Dry Garden: Lessons from the Ruth Bancroft Garden* has just been published. The book is beautifully photographed with growing and maintenance tips, profiles of signature plants for a dry garden, and innovative design techniques. (cont’d pg 3)

~From the President's Desk~

Autumn is the time for harvesting the fruits of our labor in the garden, as well as a time for gathering with friends and family and for reflecting on what we are grateful for. I am grateful for The Village Garden Club of La Jolla, for the friendships, the smiles and wonderful energy of garden club members.

As I stood back and looked into the Social Hall at our October meeting, I felt awe for the beauty, the connections between members, and the amazing energy. As I looked for a word to describe my emotion, I settled on awe. Awe is a response to things that are perceptually vast, and that we don't fully understand at the moment. Children often exhibit awe when seeing a butterfly, soft fur, or a bright sky. Let the child in you come alive and enjoy the feeling of awe at our meetings!

Here are a few more awesome examples:

Member Claudia Johnson's garden is featured in the November issue of "San Diego Home & Garden Magazine." Thank you for sharing your talents and beautiful garden, Claudia!

I visited the beautiful displays at the tables our members set up and was even able to shop at Ways and Means and buy some of their bulbs. Lisa Kelly and Linda Morse will sell bulbs again at the next meeting and are very knowledgeable about their products. They can guide you toward purchases that will make beautiful gifts.

I hope each of you got to taste the pumpkin whoopee pies and many of the delicious treats at the refreshment table. Brenda Schneider, we appreciate the work you and your committee do each and every month.

I also want to especially thank Lynn Sauer and Celia Henley for their workshop on tablescaping. Vicki Lugo and Judy MacKenzie organized the workshop beautifully, and the food was absolutely perfect! These are such creative people. What a wonderful idea to have lettuce-wrapped chicken salad and fruit skewers standing in pumpkins! Delicious and beautiful! Unfortunately, Celia wasn't feeling well the morning of the meeting, and I hope she is recovering. Lynn did a fabulous job showing the most creative and dazzling table landscapes from rustic to using silver! I am so inspired! Thank you, Lynn and Celia, for generously donating all proceeds to the Club.

Terry Masear entertained and taught us a lot about hummingbirds. I can't wait to read her book and learn more. Member Jan Nelte told me about an aggressive Rufus in her backyard she cleverly named "Attila, the Hum." Another member said she had witnessed a courtship and now understands what she was seeing. Thank you, Bonnie, for this excellent speaker.

(cont'd pg. 3)



Johanna Silver (cont'd)

Last April our club visited The Bancroft Garden in Walnut Creek as part of our field trip to the Bay Area. This book is an elegant reminder of that garden. Frank Cabot was so inspired by Ruth's garden that he began planning an organization to preserve exceptional American gardens. That organization became The Garden Conservancy and The Bancroft Garden became the first garden in its registry. Johanna will touch briefly on both the magic of the garden and its creator, Ruth Bancroft.



Don't forget our November meeting is early this year!
See you on November 10th!

PUMPKINS FOR PATRIOTS



President's Message (cont'd)

I was reviewing older issues of the newsletter and found Leigh Hartmann's interview of Adrienne Green. Adrienne said her favorite teachers' philosophy was, "How can I help you succeed?" I thought this was appropriate when so much is happening with the standing committees. My message to the chairs of these committees is: How can I help you succeed? Please let me know how to support you. I wish a Happy Thanksgiving to each of you. Thank you for your support, hard work, creativity, and friendship.





A Village Garden Club Holiday Tradition

A very special Lunch at the Marine Room

Don't miss out · Some seats left

Award-winning Chef Bernard's Fabulous Menu

Thursday, December 8, 2016 · 12:00 - 3:00 (immediately following meeting)

The Marine Room · 2000 Spindrift Drive · La Jolla

See form on website for details

Look for our reservation table at the November meeting

Or

Print out the reservation form from the Website:

Or

Contact: Diana Lombrozo DLombrozo@mac.com or 858-454-4915

UPCOMING GARDENING EVENTS

by Jan Nelte

Now until Dec. 22

S. D. Floral Association Floral Design Series #2

Six classes underway now to teach advanced design skills. Enrollment fee includes all supplies needed for each student to take home a completed floral design from each class. www.sdfloral.org

November 12, Saturday

Master Gardener Association Soil Shindig

A day-long celebration of one of our most precious resources, soil. A great learning experience for the entire family. www.mastergardenerssandiego.org

November 14, Monday

SD Horticultural Society November Meeting

Greg Rubin and Lucy Warren, co-authors of a comprehensive guide to landscaping with California natives, will present "The Drought-Defying California Garden." www.sdhort.org

December 2 & 3, Friday and Saturday

SD Floral Association December Nights

Free holiday event with dazzling lights, floral displays, decorated trees and festive gingerbread cookies. Bring the family. www.sdfloral.org

Event details are also on our VGCLJ website www.vgclj.com.

HOLIDAY PANTRY AND BAKE SALE THURSDAY, DECEMBER 8, 2016



This sale has become a fabulous tradition for our Garden Club. So many of you share your culinary talents with the rest of us. I know many of you have already prepared jams, jellies, pickles, pickled beets, and other preserved items. Others of you are planning brittles, truffles, nut clusters, and other candies. From your oven bring cakes, cookies, scones, muffins, meringues, and macaroons.

Please bring your items with a suggested price. You know the cost of your ingredients and your time involved. Attractive and clever packaging helps bring top dollar for your goodies.

If you plan to attend the Holiday Luncheon after the meeting, have a cooler in your car to keep your food cool while you lunch.

You are always so generous in bringing items and in buying as well. This has become an amazingly successful holiday tradition.

Lois Stanton
Special Events
858-755-4389

January workshop January 26th - \$20

Cooking From the Garden With a Little Help From Your Friends

By Judy MacKenzie

Last minute dinner guests? Gourmet dinner party? See how to prepare and then taste yummy meals made easily with a little help from “your friends.” Learn super-secret recipes for many things from an amuse bouche to a delicious dessert and how to take the ordinary to extraordinary. No one will ever guess!

Sign up and pay at the November meeting.



Yearbook Correction!

May Bull has a new email address. Please make this correction in your yearbooks
milliebull@gmail.com

Master Gardeners

Getting ready for cool season edible gardening in San Diego? Luckily for us who live here in San Diego, we can grow edibles year round. In fact, many end of summer veggies thrive in our cooler days as well. One of the differences in warm vs cool season veggie gardening is the temperature. Most vegetables are classified as one or the other. This designation is based on the temperature range that the plants thrive in.

Warm season crops grow best when the days are long and the temperatures are high (between 65°-95°F). In contrast, cool season crops grow and produce the best quality produce when the average temperatures are between 55°-75°F and are typically tolerant of light frosts when mature. Some members of the allium family, such as onions, are day light sensitive, so be sure to purchase sets for planting according to our lessening daylight. These will have a shorter time to maturity.

Typical cool season crops include root vegetables such as beets, carrots, parsnips, and radishes, and stems such as asparagus and rhubarb. Other leafy crops like cabbage, celery, lettuce, spinach and crops that have edible immature flowers like artichokes, cauliflower, and broccoli are also good cool season vegetables. All herbs will do well now as will our favorite autumn fruits: apple, pomegranate, citrus, persimmons and pears.

If you do live in an area that gets frost (this can happen even in coastal valleys), be sure to keep a record for future plantings. And watch the weather to know when to protect edibles from freezing. When purchasing a fruit tree, be sure to ask for the cultivar that does well in San Diego such as Anna Apple.

Go to the link below for complete information including a planting guide, county map, list of planting dates for four microclimates common in San Diego, and some time-tested tips by one of our original Master Gardeners, Joyce Gemmel, who just turned 90 and is still successfully growing edibles.

<http://www.mastergardenerssandiego.org/>

And here is a link to our Napa Master Gardeners to help you grow garlic and onions.

<http://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=8709>

The Master Gardener Association of San Diego County hopes you enjoy the bounty of the season.

Laura Starr

Rudos To Gayle Calz and Karen Novak

For a fun-filled day in the Guadalupe Valley of Mexico and our first field trip of the year. The weather was perfect, and even though the border crossing was less than perfect, everyone agreed that it was a lovely day full of delicious wines, gourmet food, and wonderful friendship.

Thank you, Ladies





SCHOOLYARD GARDENING GRANTS PROGRAM (SGGP) NOVEMBER 2016

This is Halloween Evening, and I've just finished downloading all the amazing materials (applications, photos, and supplemental evidence of their garden work) sent to our committee from our master computer whiz, Sue Kalish, in preparation for our annual meeting tomorrow to review applications to our SGGP program and to award dollars. This is always a highlight of our work, but unfortunately, it falls this year the day after Halloween and during the deadline period for the "Spindrifter." Therefore, I can only tell you that we have twenty splendid applications to review tomorrow, November 1. The choices are always difficult because our funds are limited and the variety of applications makes decisions difficult, but choose we must and will. By the time our VGCLJ meeting on November 10 rolls around, we will be able to announce from the podium that the checks to San Diego County schools are written and in the mail; at least, that is our plan.

Once again we send our deepest thanks to all of you who have in the past, did this year, and will in the future support this program that is such a learning post for so many young school children. The program serves schools all over our county, some with many low-income students who without this program might never see a tomato or a strawberry except in a store or on the table. We hope through the work of this committee that we are educating children on the importance of food quality and growth, as well as making them little connoisseurs of how to raise healthy and delicious plants. Your gifts make this all happen, and we are ever grateful for your continuing support.

Melesse W. Traylor, "Spindrifter" writer
858-459-8464; ljmelesse@gmail.com

PLANT EXCHANGE



This is a great opportunity to dig up some of your favorite plants that spread in your garden and exchange them for someone else's. Succulents are also fun and easy to share. Old cottage cheese or yogurt containers make good pots for plant exchanges. It is very helpful to label plants and bulbs before dropping them off.

Over the Garden Gate Talking to Member Vicki Lugo



I am a retired teacher that is so happy to no longer get up at 5:30 every morning! My last teaching assignment was with Solana Beach School District, where I taught for 24 years. I now spend my days exercising, enjoying yoga, gardening, reading and relish the time I get with my Grands (grandchildren)! I live in Carmel Valley, with my husband Alonso and our golden-doodle. We have two incredible married sons, one who lives in Del Mar and the other in San Francisco.

This is my fourth year in the VGCLJ. During my first two years, I was co-chair of Ways and Means. Last year, as well as this year, I am co-chairing the Workshop committee. I got involved with VGCLJ through Gleneva Belice and Devonna Hall. They definitely have a way of convincing people to volunteer! I have so enjoyed the new friends I have made, as well as my experiences with the club. I have especially appreciated the incredible speakers and memorable field trips!!

I am a Master Gardener, a member of the SD Horticulture Society, and a member of the SD Co. Garden Guild. I volunteer in school gardens for the Master Gardeners and enjoy helping the students discover the joy of gardening!

I love traveling and have been fortunate to visit Mexico, Canada and Europe this past year as well as many places within California.

I walk on Del Mar Beach two to four times a week, so please say "Hi" if you see me some morning! I feel so very fortunate to be part of this incredible club.

**Please bring your old year books to the
November meeting.**

Leave them at the Membership Table, and they will
be shredded.



Do You Have Your 2016-17 Yearbook?

If not, please pick it up at the November Meeting.

It can also be mailed to you for \$5.00
or picked up at Dodie William's home

Contact Dodie Williams
Kwillia1@san.rr.com

In the Garden this month...

Excerpted from "Sunset" &
"Better Homes & Gardens"



Cooler weather is the time to
transplant small trees and
shrubs.

If you haven't already, fertilize cool season lawns, such as bluegrass, using a product made especially for fall if possible, and one that also includes a pre-emergent herbicide. Don't feed warm season lawns, such as Bermuda grass, so that they can begin their winter dormancy.

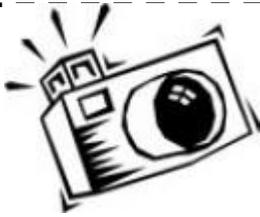
You may get some of your best rose blooms this month. But stop fertilizing roses this month to encourage them to go dormant for a couple of months in January and February.

In those areas where frosts are just an occasional thing, keep plantings well-watered so whenever a freeze threatens, plants are more likely to survive. A "turgid" well-hydrated plant is better equipped to recover than a dehydrated plant.

Watch for snails and slugs. As needed, set out bait.

Clean up debris and fallen leaves around fruit trees, and remove any dried fruit from branches. To control brown rot on apricots, spray with a Bordeaux mixture (hydrated lime and copper sulfate) or other fungicide containing copper. For peach leaf curl on peach and nectarine trees, spray with lime sulfur after leaves fall. Apply sprays on dry days when rain isn't predicted for at least 36 hours. Thoroughly cover the branches, stems, and trunk as well as the ground beneath the tree.

Cut back ornamental grasses as they turn brown for winter. Loop a long piece of twine around grass blades 10 inches from the ground, cinch, and cut grass just below the string.



Photography

Our photographers Lisa Bartkzokas, Diane Holmes, Sandy McCreight, Alice Harmon, Allison McGee, Pat Miller, and myself have been busy documenting the happenings of our club. We welcome Allison McGee as our newest addition. I would like to especially thank Lisa and Diane for their able assistance in editing the photographs.

Our Flickr Website has been "rearranged." We hope it makes it easier for you to find that certain photograph. Recurring activities will have their own dedicated album, and each month more photos will be added. One example is Floral Arrangements 2016-2017. By the end of the year, you will be able to see at a glance all the arrangements that have been done to enhance our meetings. Events will be featured in their own album. Take a peek to see all the albums by clicking

<https://www.flickr.com/photos/ljgarden/albums>

You may download the entire album by hovering the mouse over the album and clicking the 
 You may download a photo by clicking on the album, clicking on a photo, and clicking the 
 Then highlight, and click on the size you would like to download.

Thank you for checking us out. If we may be of assistance to you, please contact Marge Palmer.

858-453-2266

mmpalmer68@gmail.com

Marge



Horticulture



Helen Dawson and Jim Stelluti, our garden gurus, brought in a wonderful selection of new and useful plants. October's special exhibit table featured plants that will grow well in our San Diego gardens. Most are drought-tolerant when established, require good drainage, and tolerate our soils well. Their flowers of red, orange, yellow, purple and pink have the added benefit of making these plants attractive to hummingbirds. Some plants that Helen recommends highly are lavender "Goodwin Creek Grey" and Angelonia angustifolia, summer snapdragon. To see the complete list of the new and useful plants, please check back with us at the tables November 10th.

The show and share tables put the emphasis on foraging from your own garden, or your neighbor's, or the roadside in the fall. Our aim was to show how to make a last-minute display for your entryway or dining table using what you have in the garden such as seed pods, leaves, stalks, grasses, dry flowers, herbs, vines, rose hips, berries, branches and more. Think outside of the flower vase, and use a box or a platter or a palm husk for a container. A handful of "Pink Muhly" grass in a jar, a whimsical bird in a Potato Vine nest on a silver stand, and a fat orange, home grown pumpkin were just a few of the natural arrangements displayed. It was great fun to see such ingenuity.

We are putting out the call to our members to show flowers and plants and whatever you wish from your gardens. Bring them to our tables, and we can label them for you. You may have camellias coming into flower this month, so bring some in. Let's have a grand display every month and increase our knowledge, too.

*Happy Gardening To All,
 Eva Richman and the Horticulture Committee*

Bee a Wildlife Action Hero and Garden for Wildlife Why Should **YOU** Bother?



You all know by now what it takes to garden for our wildlife (all plants, fungi and other organisms that grow or live wild in an area without being introduced by humans). You need to provide food, water, shelter, and a place for our wildlife to raise their young. And, yes, if you thought something was missing, you were right – you need to also incorporate sustainable gardening practices so that even our smallest pollinator friends are protected. Gardening sustainably eliminates the impact of pesticides on pollinators, conserves water, and provides an overall healthy habitat for pollinators and people.

Is it worth the visible imperfections that this brings to your garden?

You bet it is! Thank goodness, attitudes have changed. No longer is it popular to have a sterile garden environment where your plants don't have a bite out of their leaves and it is perfectly quiet and still. The perfect garden now is a place teeming with activity from wildlife of all kinds – where all of our creatures – that includes us - are safe from harm from our uneducated decisions and practices of the past.

What's in it for you?

YOU are protecting your children and grandchildren, your pets, and the birds and other wildlife in your garden from the incredibly harmful effects of the chemicals you used to use!

YOU are preventing contamination of our groundwater and watersheds from runoff.

YOU are increasing the native habitats for our wildlife that are decreasing at an alarming rate by adding native plants for food and cover. One yard or garden at a time will truly make a difference!

YOU are setting an example and showing your friends, neighbors, children and grandchildren that you care about our land and care enough **for THEM** to show them how to be good stewards to protect it.

Most of all, **YOU** are able to go out into your garden and interact with LIFE! LIFE of all kinds!

What's in it for you, you ask?! **EVERYTHING!**



Create a Winter Hanging Basket

Though it's been hanging on quite nicely, it's time to remove the summer purslane from your hanging basket and replace it with something more hardy. Think about thyme, pansies and cyclamen. Also, tuck a few spring bulbs in the basket for a nice little surprise next season. Why not stop by the ways and means table and pick up a few bulbs?





The Physician in the Garden - 26

Neem Oil



Neem (*Azadirachta indica*) is a large tree, native to South Asia, but widely planted in the tropics and subtropics, where it is prized as a shade tree and for its tolerance of near desert conditions. It has long been used in India as a source of traditional medicines. Many Indians, in place of a toothbrush, use 'chewsticks' fashioned from a twig, crushed at one end to form a brush, to scrub their teeth and gums. While several plants can supply chewsticks, the neem tree is the favorite.

Indian scientists have studied the insect-repellant properties of neem for almost a century, but there was little interest in the rest of the world until observations made by the German entomologist Heinrich Schmutterer during a locust plague in the Sudan in 1959. He noted that neem trees were the only plants spared by the locust hordes, which gathered in myriads on the leaves but left them undamaged.

Further studies showed that neem not only repels insect pests, it also suppresses their feeding, inhibits their growth and metamorphosis, and kills their eggs. It is active against many insect orders including flies, fleas, lice, beetles, butterflies and moths, grasshoppers, and bugs. While honeybees and other beneficial insects may be as susceptible to neem's toxic components as the pests targeted, because they don't eat the leaves, they are not harmed. Heavy spraying of flowers will affect the pollen, which carried back to the hive, may interfere with the maturation of some of the larvae. However, in practice, neem can be considered harmless to bees. It is almost nontoxic to vertebrates although a few cases of human poisoning have been reported from India. They involved consumption of concentrated oil, mostly by infants and young children, who presented with convulsions and loss of consciousness. They usually recovered completely.

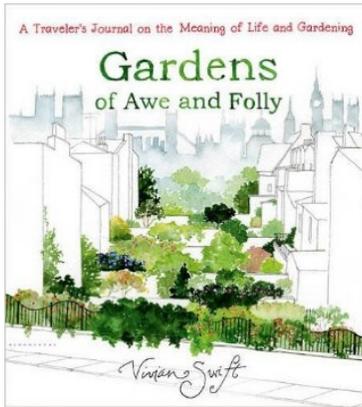
Neem oil is extracted from the kernel contained in a fruit resembling an olive in size and appearance. Like many biologically active plant products, it contains several components differing in their chemical structure and in their effects. The most important is azadirachtin, a potent "antifeedant" and disruptor of growth. Insect pests are not likely to develop resistance to neem because it contains several active components and because it affects multiple stages of their life cycle.

Neem shows great promise as a source of eco-friendly agents for the control of mosquito-borne diseases, notably malaria, yellow fever, dengue, and Zika virus. Mosquitoes are increasingly resistant to the traditional insecticides, and some of the most dangerous species, such as the Asia tiger mosquito (*Aedes albopictus*), have taken advantage of international travel and a warming climate to invade Europe and North America.

Much research has been done on the possible use of neem to treat human disease. In a variety of experimental models, it shows anti-inflammatory, antimicrobial, anti-cancer, and antioxidant actions. The few clinical trials have suffered from the usual problems that make high-quality research on herbal remedies so difficult. The studies have used various preparations, such as bark extracts, leaf extract, neem oil prepared from the fruit, or one of the purified chemical components. They recruited only a small numbers of subjects, and most were uncontrolled, meaning that they had no comparison group that was untreated or treated with a placebo. Further research seems warranted because neem has potent effects on insects and its components have biological properties that could make them useful in human and veterinary medicine

SPINDRIFER SUBMITTER

Please note that the deadline for Spin Articles is 6:00 PM one week after the monthly meeting.
See page 6 of the handbook for deadline dates.



GARDENS OF AWE AND FOLLY

A Traveler's Journal on the Meaning of Life and Gardening by Vivian Swift

Visiting gardens wherever we travel may be your greatest delight, yet friends might ask, "Why? Don't you see the same plants over and over?" Vivian Swift in her new book Gardens of Awe and Folly has the best answer to this question. She writes, "If all you ask of a garden is What?, then all you'll probably get in reply is a planting list. But ask instead, Why? How? When? and most of all, Who? and then you're in for a nice, long conversation."

Swift's book is classified as Garden Essays, but it far exceeds this label. She describes her work as "an illustrated book for grownups," with watercolor art, stories, thought-provoking collages, and life lessons. Swift shares conversations she

had with nine significant gardens. Not actual conversations with the gardeners but the stories found within and around the garden gate.

She is in awe of the complexity of the native plant societies and the powerful color of Majorelle Bleu. The spirit of gardeners is illustrated through Karen rebuilding her garden after hurricane Katrina. Karen purchased a French vintage garden gate, a "Katrinket, a ridiculously expensive, indulgent, and therapeutic thing" to help lift her out of misery. Swift appreciates the folly of gardeners taking on the burden of rearranging nature to create their vision of beauty and provides examples from garden history to make us all feel better.

After you have immersed yourself in this reading adventure, you will want to keep it close by. Then in an instant, you can open it again to celebrate a sunset in Key West, have tea in Morocco, feel the chill of a winter rain in Scotland, walk in the light of brief autumn hours on Long Island, and sip champagne among a dozen roses in New Orleans. Thanks to Swift, you'll be prepared for your own conversations with gardens no matter where you travel.

The Village Garden Club of La Jolla
c/o Kate Engler, Mailing Chair
4039 Caminito Suero
San Diego, CA 92122

