

OVER THE GARDEN WALL



*Member of the San Fernando Valley District, California Garden Clubs, Inc.,
Pacific Region, and National Garden Clubs, Inc.*

*Newsletter Number 197 **January 2024** Editor: Ingrid Nonnast*

Agenda January 4, 2024 Meeting

9:30 a.m. Doors Open
10:00 a.m. Business Meeting
11:00 a.m. Speaker, Florence Nishida
"Asian Vegetables, Their Use
And Preparation"

January 2024

President's Message

Happy New Year Gardeners!

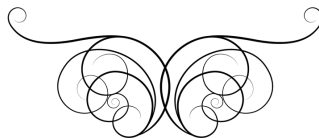
Starting a New Year is an exciting time of garden renewal and anticipation for a bountiful year ahead.

We had a wonderful Christmas Party gathering with over 50 paid guests in attendance. Robin and Greg Pokorski and Gail Vanderhorst joined the fun leading the Wheel of Fortune game. A BIG thank you to Rosalia Gomez and her team for coordinating the entertainment and food creating a very festive event for all.

Let's all start the new year off by giving those less fortunate a helping hand. During our January meeting we will be collecting non perishable items for Burbank Temporary Aid Center (BTAC), our local food pantry. Suggested items are cereals, canned meat, soup, fruits and vegetables. They are also in need of rice, pasta, coffee and cooking oil. Always needed are toothpaste, toothbrushes, deodorant, toilet paper and paper towels. Bring your donations to our January meeting.

Master Gardener Florence Nishida will be speaking during our January 4, 2024 meeting. She will share with us her secrets to growing a variety of Asian fruits and vegetables to enjoy in our cooking. We look forward to having you joining us.

Robin



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January 4, 2024 Meeting—Asian Vegetables, their Use and Preparation

Speaker, Florence Nishida

Florence Nishida, botanist, mycologist and life-long gardener, joined the Master Gardeners of Los Angeles County in 2008 after retiring from careers in teaching editorial research at Time Inc., and mycological research at the Natural History Museum of Los Angeles County. In 2010, she was one of the initial master gardeners tasked with creating gardening classes in Los Angeles.

Florence's program centers on the extensive variety of Asian fruits and vegetables that can be found in specialty markets. Florence will share some wonderful ways to incorporate these lovely tastes into our daily diets.

December 7, Great Holiday Party



Happy New Year!

Let's celebrate and learn about watering our "stuff". Here is an article from the [Seeds of Change Website](#) discussing irrigation.

CHOOSE YOUR METHOD

There are several methods of irrigating, each with particular advantages and disadvantages.

1. Watering Can:

The well-designed watering can is a great way to water a small garden and encourages an intimate relationship with your plants. By putting the water only where needed, you discourage weed growth in the paths and conserve a precious resource. Using two matching, well-designed watering cans, one in each hand, is more ergonomic and efficient than using a single can.

2. Garden Hose:

A quality garden hose fitted with an adjustable nozzle is a good method when the garden is too big to be handled with watering cans but you still want the intimacy and control of hand watering. Keep the nozzle on a gentle shower setting to prevent washing away the soil. Care must be taken to prevent the hose from trampling over the plants as you move through the garden. Place pieces of pipe or stakes at the ends of the rows to guide your hose around corners.

3. Overhead Sprinklers :

Garden sprinklers are less precise and efficient, but are easy to set up and can be effective for small- to medium-sized gardens. For greater precision, micro-misters connected to plastic irrigation lines can be automated with a timer and are effective for cooling off leaf surfaces of lettuce and other greens, peas and brassicas in hot, dry climates. Avoid watering in the heat of the day to conserve water.

4. Drip Irrigation:

A drip system requires extra time in the initial setup, but it is the most water-conserving technique, especially when combined with deep mulching. It directs water only where needed and keeps unwanted weed growth to a minimum. In extremely arid climates, drip irrigation and deep mulching may be the only economically and environmentally feasible watering technique. Drip systems can be fully automated with programmable timers, keeping your garden moist even when you are away.

Finally, be sure not to wait until your plants are wilting before you irrigate. While they can recover, it slows their overall growth and makes them more susceptible to insect and disease problems. All plants will need consistent moisture in the early stages of establishment, either through frequent watering or deep mulching. When in doubt, stick your finger into the soil or pick up a handful and squeeze.

Invest in tree care today for a greener tomorrow

University of California
Agriculture and Natural Resources

Landscape trees provide shade, reduce interior energy use and related costs, and beautify our communities. They also help clean our environment by absorbing carbon dioxide emitted by vehicles and other producers of fossil fuels. Taking care of your trees is an important way to maximize these benefits.

Here are some ways you can help ensure a healthy tomorrow:

Remove any tree ties that are cutting into the trunk or branches of your trees. If trees must be staked due to windy conditions, make sure that the ties are loose enough to allow trees to gently flex in the wind. This helps trees develop the necessary lower trunk strength and stability to support the tree as it matures. Over time, you may be able to completely remove the ties and stakes once the lower trunk becomes stronger and self-supporting.

Keep all plants and mulch several inches away from tree trunks.

Keep tree trunks dry. They should not come into contact with water from sprinklers or hoses.

Water mature trees infrequently and deeply. Watering too often reduces the level of oxygen in the rootzone and can lead to waterlogged soils prone to crown and root rots. During fall, trees require only about 15% of the water they required in the summer.

Prune trees only as needed and avoid topping them. Invest in the services of a credentialed and knowledgeable professional to correctly care for your valued trees. Find a list of International Society of Arboriculture Certified Arborists in your area here:

<https://www.treesaregood.org/findanarborist>

Identify and correct problems due to diseases, insects, or non-living (abiotic) disorders early. Most of the time, these problems are due to poor drainage or other soil/water management issues rather than pests.

Turf Removal Garden Transformation Workshop

Many club members have been exploring the idea of removing or reducing their grass lawns. Here is a link to a variety of virtual workshops sponsored by the Metropolitan Water District.

<https://www.greengardensgroup.com/turf-removal-workshop/>



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Happenings

January 18, 2024 10:00 a.m.
African Violet Society, Little White Chapel
1711 North Avon Street, Burbank
Installation of Officers; Program planning for the year 2024 and a hands on African violet demonstration. Guests are welcome.
For information call 661 940-3990 or visit website www.burbankafricanviolets.weebly.com



January 29 - 31, 2024

CGCI Winter Board Meeting A Virtual (via Zoom) meeting

All attendees MUST register

Last day to register is January 26, 2024

<https://www.californiagardenclubs.com/>

Welcome New Members:

Deborah Fox

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Happy January Birthday

January 23 Joyce Davis

January 23 Connie Weir



In Memory

Our dear member, David Eberhardt, passed away this December and we will miss his positive outlook, bright smile, and friendly conversation. David had many medical issues, including polio that he contracted as a very young man, but he never let anything stop his participation in a big, involved life. He was a medical professional, member of two garden clubs, raised a loving family with his wife (and our member) Millie, and attended church daily. We agreed to remember David with a Penny Pines Plantation at our December meeting.

**2023-2024
Executive Board**

President:

Robin Gemmill

1st Vice-President, Programs:

Rosalia Gomez

2nd Vice-Pres., Membership:

Janet Jack

Susan Law

3rd Vice-Pres., Ways & Means:

Kathy Itomura

Recording Secretary:

Anne White

Corresponding Secretary:

Nancy Bryant

Treasurer:

Ingrid Nonnast

Parliamentarian:

Terry Davis

Growing and Harvesting in California (Urban Farmer)

What to plant and when:

California has a wonderful climate for growing vegetables, with a whopping 270 days between the last and first frost dates in the season. Some areas of California, like San Diego and Sacramento, have no frost dates and vegetables can be in the ground year-round. Since California stretches the height of the United States, its USDA Hardiness Zones range from 5 to 9. This means that while some vegetables can be planted at a certain time in southern California, that time changes if planting that vegetable in northern California. Since weather changes depending on the gardener's location in California, here is a simplified guide on what to plant and when based off what region of California the garden is prepared in.

Interior valleys:

- January/February-April: Turnips in February; peas and asparagus
- March-June: Pumpkin; summer squash; winter squash; sweet potatoes; peppers in May; okra in May; snap beans in May; lima beans in June; tomatoes
- July-September: Rutabaga and turnips in August; artichoke in July • October-December: Spinach; summer squash and peas •
- December-March: Parsley; bulb onions and broccoli