

# OVER THE GARDEN WALL

*Member of the San Fernando Valley District, California Garden Clubs, Inc.,*

*Pacific Region, and National Garden Clubs, Inc.*

*Newsletter Number 204 **October 2024** Editor: Ingrid Nonnast*

## **October 3, 2024—Agenda**

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



## **October 2024 President's Message**

This year as our weather begins to cool with fall settling in, I hope you have time to reflect on your garden, what you like, what you don't like or want to change or create new for the coming year. October is a great time to consider what your garden is telling you....do you need more flowers/bulbs or do you need to build up the soil or plant a vegetable garden or maybe you have been considering swapping out your lawn space with native landscape. Whatever your garden is telling you, remember nature creates its own balance. When you are tempted to rake up the leaves or cut down the standing stalks, consider leaving them for awhile to provide shelter, food and habitat for insects, amphibians, birds, and small mammals. The summer's garden leaves a bio diverse goldmine for many species.

New for us this year is our 2025 Garden Calendar available for \$10 each. We are grateful to the Calendar Sub Committee who worked over the summer to create this awesome Calendar. We will have the Garden Calendar on sale through the rest of the year or until they sell out, whichever comes first. So, don't miss out on buying your 2025 Garden Calendar. The money we make from this fundraiser supports our student scholarship fund.

We missed many of you during our September meeting. We learned from Amy Hammes, Burbank Recycling Specialist, how to rethink, reuse, and recycle our waste to reduce trash in our local landfill. This month we will have Florence Nishida back to continue sharing her knowledge of Asian vegetables. You might recall the last time she presented for the club, her talk was so interesting she ran overtime about 30 minutes and all of her vegetable starts were given away in a matter of minutes. Her presentation promises to be just as interesting with continued discussion on the expansive array of Asian vegetables, how they are grown and how we can incorporate these veggies into our diet.

We hope you will join us on October 3, 2024 at 10am at the Little White Chapel 1711 N Avon St. Burbank, CA 91505.

Robin

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## **October 3, Meeting— Asian Vegetables, Their Use and Preparation**

Returning Speaker, **Florence Nishida**, will continue to share her knowledge of Asian vegetables.

Florence is a Master Gardener and has a wealth of knowledge on how to prepare and enjoy unique Asian vegetables. She has also created many garden projects, front yard edible gardens, and designed and directed the building of the first teaching garden at the Natural History Museum. She promotes healthy eating with vegetables and fruits of diverse cultures and ethnicities.

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## **September 5, Speaker: Amy Hammers City of Burbank Recycling**

Amy shed some light on recycling in the City of Burbank. What items can be recycled in what containers. One of the most interesting recycling topics was food waste. Food waste concerns everyone.

California throws away more than 6 million tons of food waste every year!

A third of food grown in the US goes to waste.

97% of wasted food goes to landfill.

Food comprises 17 % of material in California landfills.

### **California SB 1383, City of Burbank, launched 7-1-2022**

Collect food scraps

Transport to green cart on your refuse collection day:

**Food Scraps** (fresh, frozen, cooked and moldy):

- Bread, grains and pasta
- Coffee grounds with paper filter
- Dairy
- Eggshells and eggs
- Fruit (pits and shells too)
- Leftovers and spoiled food
- Meat (including bones)
- Seafood (including shellfish)
- Loose tea (bagged tea is trash)

### **Food-Soiled Paper**

- Coffee filters
- Greasy pizza boxes
- Paper cups and plates
- Paper bags, napkins, tissues, towels (NO chemicals)
- Paper take-out boxes and containers (uncoated)
- Parchment Paper

### **Keep the Green Clean**

- Compostable plastics are trash
- Remove all plastics



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## **Raffle Opportunity — Robin Gemmill**

One of the many ways we are able to offer student scholarships is through our monthly Raffle. Our Raffle tickets go for \$1 per ticket or 6 tickets for \$5. We are grateful to our members for donating garden items for the Raffle. This year we are going to be giving away a FREE Raffle ticket to anyone who donates a garden item for our Raffle. So when you see a good deal on a garden item at the yard sale down the street, please remember our Raffle. Please contact Laura Duran before our meeting if you have a garden item to donate so that we parse out the items over time. Thank you all for supporting our Raffle.

## **UC Master Gardeners of Los Angeles County**

Excerpts of "Garden Tips for Los Angeles County"

Yvonne Savio

### **Vegetables and Fruits**

Harvest winter squash, pumpkins, and decorative gourds when the vines are dry and the rinds are hard and resist easy puncture by a fingernail. Cut the stems rather than breaking or tearing them, and leave two inches of stem attached to the squash to lessen the chance of spoilage.

Gourds will dry quicker if you drill a small hole at each end. Let them cure in a dry, well ventilated area at room temperature for two weeks. Store cured squash at 50 to 60 degrees in a dry area. Check them weekly for mold. If any appears, wipe it off with a paper towel moistened with vinegar. Squash should keep up to six months.

Toast--don't toss--your pumpkin seeds when you carve your Jack O'Lantern. Separate the seeds from the stringy pulp by washing the seeds well. Spread them on a cookie sheet and sprinkle lightly with salt if desired. Toast them for three or four minutes at 375 degrees, stir, and toast another two or three minutes until they're evenly golden. Cool them to room temperature, and enjoy!

### **Ornamentals**

Trim roses after their last flush of blooms, but hold off on severe pruning until they're fully dormant, in January. Feed them with a no-nitrogen, high-phosphorus, high-potassium fertilizer to help them harden off.

Now that you've seen the roses perform over the summer, consider which you should replace or add. You can prepare the new planting holes, adding some organic matter and manure or long-release plant food. This will give plants a good start either this fall or transplants or next January for bareroot plants.

Harvest herbs for making wreaths or vinegars as holiday presents. Herb wreaths are easy to make and can include whatever herbs are most used by your recipient. Good choices include basil, oregano, marjoram, anise, parsley, thyme, sage, dill, and tarragon.

Transplant azaleas and camellias. Thin bloom buds to three or four inches apart for fewer but more spectacular blooms in the spring. Feed camellias and azaleas lightly all winter long to help develop their spring blooms.

### **General**

Regrettably, cool, moist weather brings back snails and slugs, just in time to attack succulent seedlings. Hand pick and stomp them after dark and after overhead watering.

Before you buy or make a birdhouse, make sure it'll attract the birds you want. The size of the box and the diameter of the opening will dictate what kinds of birds may move in. But even then, occupancy isn't guaranteed.

To keep bird seed from sprouting once it's spilled out of its container, bake it on a cookie sheet in a 300 degree oven for five minutes. The heat will sterilize the seed without lessening its nutritive value.

Feed all overwintering plants with a low-nitrogen, high-phosphorus, high-potassium fertilizer to help them become cold hardy.

## Sew, Knit and Crochet Group

### City of Burbank's Volunteer Program

The Burbank-Valley Garden Club has received several beautiful donations from this group. We have raffled off the items and the funds have been used for charity donations. **Here is their story by Judy Kenehan.**

Our Sew, Knit and Crochet Group was organized shortly after Joslyn Adult Center was dedicated in 1972 and now has more than 20 members. The group is open to anyone with needlework or sewing skills willing to register as a volunteer under the City of Burbank's Volunteer Program. We accept donations of yarn and fabric from Burbank and surrounding areas and use it to knit, crochet and quilt hand-made items for charity.

It's a very interesting and fun group, representing a wide range of ethnic, work and financial backgrounds. Current membership ranges in age from 55 to 95! We meet each Friday afternoon at Burbank's Joslyn Adult Center, to turn in projects completed at home, pick up more materials and patterns, offer each other help with project problems, if needed, and socialize. These dedicated seniors make hundreds of knit or crochet lap robes, hats, scarves, slippers and baby items every year. Our hand-crafted items have been donated to many organization including local hospitals, homeless shelters, the Veterans Administration and other veterans groups, foster care and adoption programs, nursing homes, hospices, burn centers, as well as other programs that benefit children. We continue to provide crochet/knit hats for Operation Gratitude, which are sent to working military personnel throughout the world.

As an offshoot to this group, five or six volunteers meet every Wednesday at an off-site "quilting studio" where our donated fabric and finished quilted lap robes are stored and where we have sewing machines, cutting tables, irons, etc. set up all the time. We spend every Wednesday together quilting, while also working on quilting projects at home during the week. The small group completes 150+ quilts a year for donation to any qualifying charity/non-profit programs.

We really enjoy making beautiful and practical creations to hopefully brighten the lives of others who are not so fortunate.

**Donations of yarn and fabric are appreciated and always welcome.**

**Call Maggie Hall @ 818-726-9441 to make arrangements for pickup.**



### Email Address Changes in Yearbook:

Teri Chandler—address s/b [teriqsane@gmail.com](mailto:teriqsane@gmail.com)

Anne White—address s/b [annewhite1@aol.com](mailto:annewhite1@aol.com)

## Mrs. Chipmunk Speaks

We in the forest are so grateful for our big trees. We do have a lot of shade during the summer days.

The forest birds all chatter while perched on tree limbs. The squirrels are busy running up and down the tree trunks. The rabbits are out, deer peeking around the corners as they chew. They are all my neighbors. Everyone is preparing for the cooler months. Hopefully, we will get some rain.

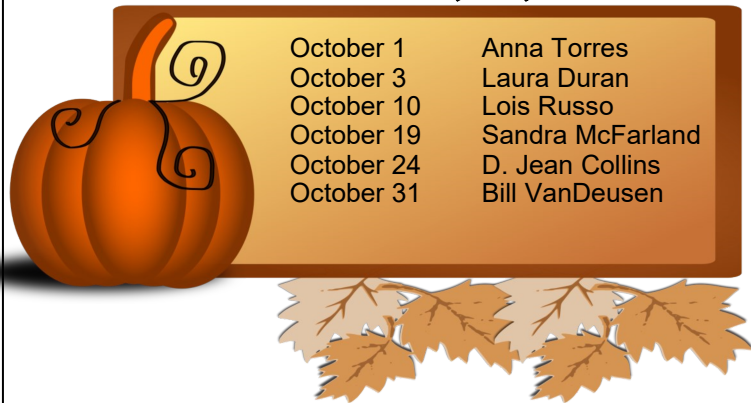
We hope that we can get through these last days of summer without any forest fires. We have been lucky. We are so grateful for the new young trees that have been planted. Most are doing well.

Have had a busy day storing food away for the winter. We also get cold weather and snow. Hard to believe on a hot day like today. Think I'll take a nap.

Excuse me!



## **HAPPY OCTOBER BIRTHDAY!**



October 1	Anna Torres
October 3	Laura Duran
October 10	Lois Russo
October 19	Sandra McFarland
October 24	D. Jean Collins
October 31	Bill VanDeusen

### **Welcome New Members:**

**Teri Chandler** 661-952-8621  
22391 Barbacoea Dr  
Saugus, CA 01350-2249 [teriqsane@gmail.com](mailto:teriqsane@gmail.com)

**Bill VanDeusen** 818-429-1339  
14153 E Blue Surrey Dr  
Vail, AZ 85641-9543

**B**urbank-Valley Garden Club  
907 North Clybourn Ave  
Burbank, CA 91505-2701

**2024-2025  
Executive Board**

**President:**  
Robin Gemmill

**1st Vice-President, Programs:**  
Rosalia Gomez

**2nd Vice-Pres., Membership:**  
Janet Jack  
Susan Law

**3rd Vice-Pres., Ways & Means:**  
Laura Duran

**Recording Secretary:**  
Anne White

**Corresponding Secretary:**  
Nancy Bryant

**Treasurer:**  
Ingrid Nonnast

**Parliamentarian:**  
Ann Foosse

**October 17, 2024 10:00 a.m.**

Burbank African Violet Society  
Little White Chapel, 1711 N Avon St, Burbank  
Club member, Beverlee Nelson will present  
"A Dawg Show". For more information  
call 661-940-3990 or  
contact [www.burbankafricanviolets.weebly.com](http://www.burbankafricanviolets.weebly.com)

**January 27, 2025 - January 29, 2025**

CGCI Winter Board Meeting  
The Winter Board meeting will be held virtually  
via Zoom. Watch for details.

**Grow LA Gardens Class Schedule**

Led by UC Master Gardener volunteers. These four-session  
classes for beginning gardeners are offered at  
many locations each spring and fall.

**Altadena Community Garden**

Address: 3330 Lincoln Avenue, Altadena, CA 91001

Dates: 10/12, 10/19, and 10/26 (Sat)

Time: 9:00 am to 1:00 pm

Registration: [https://surveys.ucanr.edu/survey.cfm?  
surveynumber=43651](https://surveys.ucanr.edu/survey.cfm?surveynumber=43651)

Contact Jessica Yarger at [altadenagardening@gmail.com](mailto:altadenagardening@gmail.com)

**Virtual LA County (Virtual)**

Address: N/A

Dates: 10/5, 10/12, 10/19, and 10/26 (Sat)

Time: 9:30 am to 12:00 pm

Registration: [https://surveys.ucanr.edu/survey.cfm?  
surveynumber=43654](https://surveys.ucanr.edu/survey.cfm?surveynumber=43654)

Questions: Contact Joy Ahrens at [joyahrens@aim.com](mailto:joyahrens@aim.com)

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