

# A Garden Runs Through It

University of California  
Agriculture and Natural Resources

UCCE Master Gardener Program



Colusa County

Whether it's a vegetable garden, houseplants or a landscape...

August 2018

UC Cooperative Extension,  
Colusa County

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- **Meet Your Master Gardener**

hello  
august

## Upcoming events

[Click here to read our blog.](#)



### August

**Arbuckle Farmers Market**  
Wednesdays  
August 1, 8, 15, 22

**Colusa Farmers Market**  
Thursdays  
August 2, 9, 16, 23, 30

### August

**Garden Chat**  
August 28, 1-2 pm  
Arbuckle Library  
610 King St., Arbuckle

**Coming in September**  
Gourd workshop  
We are still working on the details!

## Advice to Grow by ... Ask Us!



# GARDEN CHAT

This is a roundtable chat about gardening!

Share your gardening experiences!

This is a good place to ask questions!

Bring a friend!

Garden Chat is open to the public!

**Tuesday**

**August 28**

**September 25**

**1 – 2 pm**

**Arbuckle Library,  
610 King St**

**Garden Chat with UC Master Gardeners of Colusa County**

UC Master Gardener Program of Colusa County

100 Sunrise Blvd. Ste. E, Colusa, Ca 95932

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## Book of the Month

### *Wicked Plants*

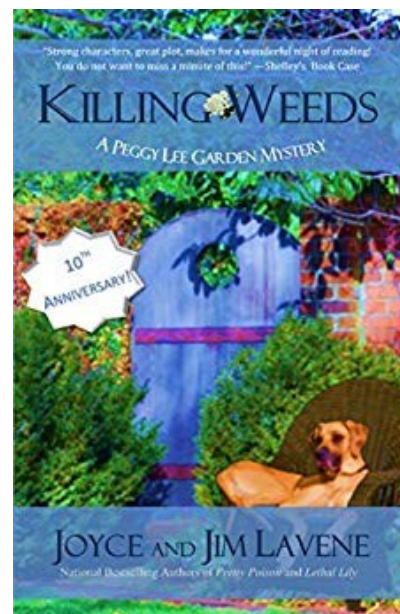
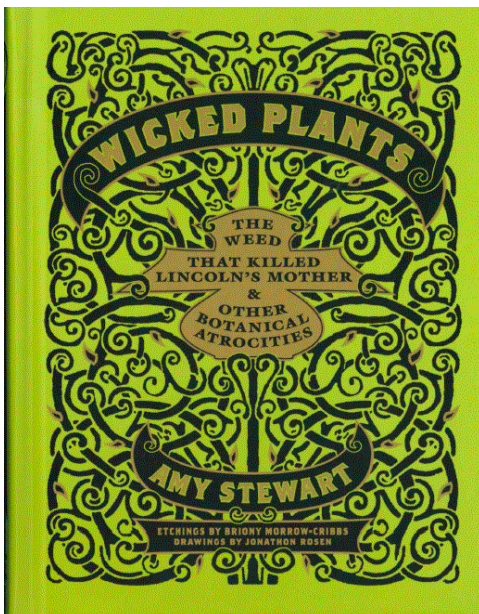
Amy Stewart

I recently read a novel from one of the many series of mysteries with garden and gardening themes. This particular one was *Killing Weeds (A Peggy Lee Garden Mystery Book 8)* by Joyce and Jim Lavene. In this book the murder weapon is the sap of the Giant Hogweed. Just after finishing this book, I read a newspaper article that said hogweed had been found in Pennsylvania and warned of the dangers of it.

My curiosity about dangerous plants was aroused. I found a book *Wicked Plants: the Weed that Killed Lincoln's Mother & other Botanical Atrocities* by Amy Stewart. The author describes over two hundred of nature's most appalling creations in an A to Z of plants that kill, maim, intoxicate and otherwise offend. Drawing on history, medicine, science and legend, this book will entertain, enlighten and alarm. Botanical illustrations show what each of the bad boys of gardening look like.

So what plant killed Lincoln's mother? *Eupatorium Rugosum* (White Snakeroot) was grazed by cattle. When the cow's milk was consumed by Nancy Hanks Lincoln, she came down with what was known as milk sickness. It was many years before the link between milk sickness and White Snakeroot was recognized.

Submitted by Peggy Townzen





## Ornamental Plant of the Month

### Mandevillas

In the past weekend issue of the Sacramento Bee there was a great article on Mandevillas, now hosting a series of 21 varieties. The Giant Red Emperor has the ability to climb to 10-15 feet and produce flowers up to 5 inches wide. With that said I have to be a bit on the skeptical side since I have purchased more than one of these lovely creatures and saw it fail miserably in our area. The one thing that I return to is that they must have self-drained soil that is organic rich. For best blooming, you will want your Mandevilla to receive at least six to eight hours of sunlight a day. Since it is such a vigorous vine and flower producer, it needs small doses of fertilizer every two to three weeks. The best thing for us is to keep the plant in a container which would require water every day as a period without water might prove fatal. So, I know I will be spotting one of these to add some summer pizzazz to the overheated yard and I most likely will fall prey once again to its lure.

There is another variety of Mandevilla that is called laxa, also called Chilean Jasmine. It has white flowers, lots of white flowers and can reach into your shrubs as high as 15 feet!! They carry a lovely scent and has heart shaped leaves and fills out a flower arrangement quite nicely. This plant is semi-frost hardy and also takes full to partial sun. It will only need moderate water, not the daily dose that the splashy colored Mandevilla will need. Fertilizing with a balanced 20-20-20 type will encourage stronger blooming and give you several weeks of flowers. It is a bit harder to find but worth the effort and more reliable in our area!

Submitted by Cynthia White



## Edible Plant of the Month

### Fake News and Garden Myths

This is from Marlene the Plant Lady and her Flower Power Garden Hour podcast. Marlene is a UC Davis Horticulturalist.

- Use whole milk to sterilize your hands and equipment for tomato tobacco mosaic virus.  
True, whole milk will clean your tools and hands.
- Use egg shells to add calcium to your soil.  
True, but our soils have plenty of calcium. If you have a calcium deficiency you will need more calcium that egg shells provide.
- Human hair or human urine will get rid of gophers.  
False, absolutely no truth to this.
- Use honey as a rooting hormone for cuttings.  
False, honey has some fungicide properties but does not help plants form roots.
- Use baking soda for powdery mildew.  
True in a greenhouse but using it outdoors is less effective and short lived. If you use too much baking soda it can burn the leaves.
- Use calcium sprays for blossom end rot.  
False, blossom end rot is not a lack of calcium. It is a lack of availability of calcium because of inconsistent irrigation.
- Use coffee grounds to acidify your soil.  
False, the coffee grounds are actually neutral. There are many other good reasons to use coffee grounds in the garden such as a mulch or in your compost.
- Use Epsom salts to make tomatoes sweeter.  
False, Magnesium sulfate is a salt and can cause fertilizer burn in large amounts.
- Put rocks in the bottom of your pot for drainage.  
False, rocks will actually make the soil soggy. It has to do with water cohesion (I like to say it's a science thing). You can put 1 rock over the hole in a pot.
- Put banana peels in a staghorn fern.  
False, it takes too long to break down and just think about the fruit flies.
- Gypsum to soften soils or change pH.  
False, it does not change the pH of the soil. It can soften your clay soil in the short term. Also you would need a lot of gypsum to soften your soil. Compost is a better option.
- Plant pennies to add copper to your soil.  
False, pennies are not made from copper and our soils have plenty of copper.

Social media can be so good for many reasons such as keeping in touch with family and friends but when it comes to information of any kind including horticulture, stick to reputable sites.

Submitted by Gerry Hernandez

## Recipe of the Month

### THINGS TO DO WITH ALL THAT ZUCCHINI!!

#### **Zucchini Bisque** (from the Steinbeck House Cookbook)

Sauté in large skillet:

- 1 tsp olive oil
- 1 clove garlic, minced
- 1 small onion, chopped

Add: 3 1/2-4 cups zucchini, grated

Pour in and cook for about 10 min

- 4 cups chicken broth
- a couple sprigs of fresh thyme
- Salt & pepper to taste

Puree in the pan with a stick blender

Just before serving, stir in a little half & half or whole milk.

If desired, serve with a dollop of sour cream and garnish with freshly grated nutmeg.

Especially nice served cold on a hot day.

#### **ZUCCHINI ALMOND BUTTER BLONDIES**

1 cup creamy almond butter

1 egg

1/2 teaspoon pink salt

1/2 teaspoon baking soda

1/2 cup coconut sugar (or brown sugar)

1/2 teaspoon vanilla

1/2 cup dark chocolate chips

1 large zucchini (grated) [Hmmm, how large is large? I have not tried this recipe!]

Preheat the oven to 350°F.

Line an 8" x 8" baking dish with parchment paper.

In a large bowl, mix together the almond butter, egg, salt, baking soda, sugar, and vanilla until well combined.

Fold in the chocolate chips and zucchini.

Pour into a prepared dish, pressing down to spread evenly.

Bake for 25-30 minutes, or until golden brown and a toothpick comes out clean.

Let cool slightly before serving.

Another idea on the next page!

# THINGS TO DO WITH ALL THAT ZUCCHINI!!

Continued...

## STUFFED ZUCCHINI

This works with any size zucchini, but I like it with ones that are about 8-10 inches long, one per person. You can use the big, big ones, but the skin does not soften up and you serve as thick slices. Holding the zucchini lengthwise, slice off about 1/3 of the squash - you want to create a boat. Scoop out the flesh - a melon baller works well for this, but leave 1/4 inch with the skin - set flesh aside for now.

If you are using a big squash, leave ~1/2 inch with skin and discard the seedy center of the flesh.

Brown some hamburger or sausage with chopped onions, celery, sliced mushrooms and minced garlic.

Add the zucchini flesh and cook just to soften it, do not turn it to mush.

Add some leftover rice (or stuffing mix), grated cheese and a little nutmeg.

At this point you can season it any way you like - basil, tarragon, sage, parsley, chili powder ???

If the mix seems dry, add a little chicken broth, but you don't want it soggy, the zucchini shell adds moisture.

You could also use a beaten egg to help hold the mixture together.

Stuff the mixture into the zucchini shells, but don't pack it down.

Place filled boats in a shallow baking dish coated with cooking spray

Top boats with a little cream sauce if you like, and more grated cheese.

Bake at 350°F about 45 min for small, 60 min for large, until the zucchini shell is soft and tops are brown.

\*You can chop up the tops from the small zucchini and add with the flesh, or you can use as a top for the boat.

\*When I use the big zucchini, I cut them in half and have two shallow boats - they cook better that way.



Submitted by Penny Walgenbach



# Gardening Guide

## UC Master Gardener Program of Colusa County

Zones 8 and 9

	August	September	October
<b>P L A N T I N G</b>	<ul style="list-style-type: none"> <li>You can plant directly in the garden seeds of carrots, beets, lettuce, spinach and turnips. Indoors you can start seeds for broccoli, cabbage, kale, bunching onions, and radicchio.</li> </ul>	<ul style="list-style-type: none"> <li>Cool-Weather annuals like pansies, violas, snapdragons can be transplanted now.</li> <li>Also, transplants of broccoli, cabbage, cauliflower, and kale can be planted this month.</li> <li>Direct seed peas, spinach, radishes, lettuce, and carrots.</li> </ul>	<ul style="list-style-type: none"> <li>You can plant directly in the garden seeds of carrots, beets, lettuce, spinach and turnips. Indoors you can start seeds for broccoli, cabbage, kale, bunching onions, and radicchio.</li> </ul>
<b>M A I N T E N A N C E</b>	<ul style="list-style-type: none"> <li>Check the mulch you have spread around and be sure it is thick enough to suppress weeds. (3 to 4 inches)</li> <li>Cut off spent flowers of perennials and annuals for continued bloom.</li> </ul>	<ul style="list-style-type: none"> <li>September is a good time to consider reducing the size of your lawn. It is also a good time to rejuvenate a lawn with over-seeding.</li> <li>Put your spent annual and vegetables (disease-free, of course) in your compost pile.</li> <li>Dig, divide, and re-plant overgrown perennials that have finished blooming.</li> </ul>	<ul style="list-style-type: none"> <li>Cut off spent flowers of perennials and annuals for continued bloom.</li> <li>Check the mulch you have spread around and be sure it is thick enough to suppress weeds. (3 to 4 inches)</li> </ul>
<b>P R E V E N T I O N</b>	<ul style="list-style-type: none"> <li>Continue to weed. Be especially sure to get weeds before they flower and set seeds.</li> <li>Be sure to monitor your watering system. Check for coverage and watch for plugged or blocked sprinklers.</li> </ul> 	<ul style="list-style-type: none"> <li>Add compost to the beds that had the annuals and vegetables you are pulling out, before re-planting in those beds.</li> </ul> 	<ul style="list-style-type: none"> <li>Continue to weed. Be especially sure to get weeds before they flower and set seeds.</li> <li>Be sure to monitor your watering system. Check for coverage and watch for plugged or blocked sprinklers.</li> </ul>



Safety Note #168

## MAKE A PLAN to Prepare for Emergencies

### Emergency Preparedness Safety Note Series: Step 2 – Make a Plan

*Note: This series of Safety Notes provides tips for personal emergency preparedness. Each UC ANR workplace should also have site specific emergency plans. See the [EH&S website](#) or your location's Safety Coordinator for more information about your workplace emergency plans.*

Emergencies and Disasters can strike quickly and without warning. But taking a hit doesn't have to mean you are down for the count. Do you know what natural disasters your neighborhood is at risk for? Have you planned how to respond when a disaster strikes? What about man-made disasters in your region? Have you made a plan? The importance of being prepared can never be underestimated. The first step toward emergency preparedness is to Be Informed about what could happen and how to respond (Safety Note #167). A second step toward emergency preparedness is to **Make a Plan**.



NATIONAL PREPAREDNESS MONTH  
Photo source: ready.gov

#### Make a Plan:

- Meet with your family or household members to discuss how to prepare and respond to emergencies that are most likely to happen where you live, learn, work and play.
- Identify responsibilities for each member of your household and plan to work together as a team.
- Identify the needs of household members and neighbors with special requirements or situations, such as use of a wheelchair, walking aids, special diets, or medication.
- Plan what to do in case you are separated during an emergency. Choose two places to meet: one right outside your home in case of a sudden emergency—such as a fire; and an alternate location outside your neighborhood—in case you cannot return home or are asked to evacuate.
- Choose an out of area emergency contact person. It may be easier to text or call long distance if local phone lines are overloaded or out of service. Everyone should have emergency contact information in writing or programmed into cell phones.
- Know the location of utility shutoffs and keep needed tools nearby. Know how to turn off the gas, water, and electricity to your home. Note: if you turn off gas or other utilities, make sure you know how to safely turn them back on or contact your utility provider after the emergency.
- Get training in how to properly use a fire extinguisher. Contact your local fire department or ANR EHS staff for training and resources.
- Plan what to do if you have to evacuate. Decide where you would go and what route you would take. Practice evacuating your home. Drive your planned evacuation route and plot alternate routes on your map in case roads are impassable.
- Try to keep your car's tank at least half-full or more so you are not caught short if you need to evacuate.
- Plan ahead for your pets. Keep a phone list of pet-friendly hotels/motels and animal shelters that are along your evacuation routes.
- Keep copies of essential documents, such as identification, insurance policies and financial records in a secure, waterproof container, along with your disaster supplies kit. Include a household inventory (a list and photos or video of your belongings) for insurance purposes. Don't forget food and medications for your pets as well.
- Check with your city or county to see if there is a Community Emergency Response Team (CERT) program in your area. Participate and get involved.
- Gather an emergency supplies kit: Take time now to provide for your entire family. In addition to setting aside water and nonperishable food, gather a few essential emergency supplies such as flashlights and extra batteries, a battery-operated radio, candles and matches.

Before the next disaster, get together with your family or housemates to plan now what each person will do before, during, and after the event. Your family may not be together when a disaster strikes so it is important to plan in advance: how you will get to a safe place; how to contact one another; how to get back together; and what to do in different situations. Many government agencies, schools and business have plans for various types of disasters and emergencies. Your family should also have one! Be informed, make a plan. The safety and well-being of your loved ones are important, so take the time NOW to develop a family emergency plan.

## Safety Note #169

### **BUILD A KIT full of Emergency Supplies**

#### **Emergency Preparedness Safety Note Series: Step 3 – Build a Kit**

*Note: This series of Safety Notes provides tips for personal emergency preparedness. Each UC ANR workplace should also have site specific emergency plans. See the [EH&S website](#) or your location's Safety Coordinator for more information about your workplace emergency plans.*



Photo source: cdc.gov

Expect the unexpected! To help prepare for life's unanticipated disasters, your family needs to build a survival kit full of emergency supplies. Now is the time to think about the basic needs you, your family and your pets will need during an emergency. A disaster supplies kit is simply a collection of basic items your household may need in the event of an emergency. Try to assemble your kit well in advance of an emergency. In addition to putting your supplies together, it is just as important to maintain them so they are safe and ready to use when needed.

After a major disaster the usual services we take for granted, such as running water, refrigeration, and telephones may be unavailable. Experts recommend that you should be prepared to be self-sufficient for *at least three days*. Store your household disaster kit in an easily accessible location. Put contents in a large, watertight container (e.g. a large plastic garbage can with a lid and wheels) that you can move easily. Emergency supply kits do not need to be put together all at once, but it is important to start preparing now. Start with materials you have at home now, and then add to it over time.

#### **Build a Kit:**

Some recommended categories and items to include are:

- Water – at least one gallon per person per day
- Radio – battery powered or hand crank (NOAA Weather Radio if possible)
- First Aid Kit and Instructions
- Large heavy duty plastic bags and a plastic bucket for waste and sanitation
- Hygiene Items
- Flashlights, Candles, Lanterns
- Can Opener, Multipurpose Tool, Wrench/Pliers
- Map(s) of the Area
- Disposable Camera
- Duct Tape
- Matches, Lighters in a waterproof container
- Extra Clothing and Sturdy Shoes
- Entertainment Items and activities for children
- Food – non-perishable, easy-to-prepare items
- Copies of personal documents (medical lists & information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Medications
- Unscented liquid household bleach and an eyedropper for water purification
- Emergency Blanket, Sleeping Bags
- Family and Emergency Contact Information
- Pet Supplies
- Extra Batteries for various items
- Extra Cash, Items to Barter
- Cell Phone with Chargers
- Whistle to signal for help
- Special needs items, such as eye glasses, contact lens solutions, and hearing aid batteries

Don't stop here! There's much more you need to add to your family's emergency kit. The websites [Ready.gov](#), [72hours.org](#), and [Redcross.org](#) all have full lists of the suggested items along with how you should store the kit in your home. Assembling the supplies you might need following a disaster is an important part of your family disaster plan.

Preparing for possible disasters and other emergencies is not an option. Natural and human caused disasters can strike suddenly, at anytime and anywhere. There are three actions everyone can take that can help make a difference. Be Informed. Make a Plan. Build a Kit.

For information on Office Preparedness for Emergencies, see Safety Note #166

For information on how to Be Informed about Emergencies and Preparedness, see Safety Note #167

For information on how to Make a Plan to Prepare for Emergencies, see Safety Note #168

## Meet your Master Gardeners!



In today's fast paced, social media way of life, fake news has become normal.  
This includes fake gardening advice.  
UC Master Gardeners use cutting edge, research-based information to help you garden better.  
We are practical, connected and trusted.  
*Advice to Grow By ... Ask Us!*

Tomorrow's activities are created by today's dreamers—you can make sure that the UC Master Gardener Program of Colusa County is still working to help future generations through your support.

[Click here to support us.](#)

### Science Word of the Month

**Guard Cells**—Specialized crescent-shaped epidermal cells that surround a stomate and control its aperture. **Stomate**—The opening or pore, mainly in leaves, through which gases are exchanged and water vapor is lost.

If you attended one of your workshops, you will receive an email from [mgevaluation@ucanr.edu](mailto:mgevaluation@ucanr.edu). Your input gives us the tools we need to grow and improve our program. *Thank you!*

PRACTICAL | CONNECTED | TRUSTED

### Garden Club of Colusa County activities

- August 27, 6:30pm, social, 7pm meeting & speaker
- St. Stephens Church, 642 5th St., Colusa

### Did a friend send you this newsletter?

- You can get your own newsletter sent directly to your inbox by [clicking here](#).



### Additional Links

- Integrated Pest Management [ipm.ucanr.edu](http://ipm.ucanr.edu)
- UC Davis Arboretum [arboretum.ucdavis.edu](http://arboretum.ucdavis.edu)
- Invasive Plants [www.cal-ipc.org](http://www.cal-ipc.org)
- Plant Right [www.plantright.org](http://www.plantright.org)
- Save Our Water [saveourwater.com](http://saveourwater.com)
- California Garden Web [cagardenweb.ucanr.edu](http://cagardenweb.ucanr.edu)
- McConnell Arboretum and Botanical Gardens [turtlebay.org](http://turtlebay.org)
- UCANR Colusa County [cecolusa.ucanr.edu](http://cecolusa.ucanr.edu)
- UC Master Gardener Program (statewide) [mg.ucanr.edu](http://mg.ucanr.edu)
- California Backyard Orchard [homeorchard.ucanr.edu](http://homeorchard.ucanr.edu)
- ANR publications [anrcatalog.ucanr.edu](http://anrcatalog.ucanr.edu)

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