

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...

November 2019

UC Cooperative Extension,
Colusa County

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- **Meet Your Master Gardener**



Upcoming events

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



November

Second Saturday at the Library

Saturday, November 9, 10 am to noon
Colusa County Library, Colusa
Planting Spring Bulbs

Garden Chat with the Master Gardeners

Tuesday, November 26, 1 to 2 pm
Arbuckle Library, Arbuckle

December

Wreath Workshop

Saturday, December 7, 10 am to noon
Colusa County Fairgrounds
Community Building
\$25



Advice to Grow by ... Ask Us!





Second Saturday at the Library

Presented by

UCCE Master Gardener Program Colusa County

Colusa County Free Library

When: Second Saturday every month

10 am to noon

Where: Colusa County Free Library

Colusa



- **November 9 – Planting Spring Bulbs**
- **December 14 – Poinsettia Care**



University of California
Agriculture and Natural Resources

UCCE Master Gardener Program
Colusa County

Book of the Month

Lasagna Gardening

Written by Patricia Lanza

A New Layering System for Bountiful Gardens: No Digging, No Tilling, No Weeding, No Kidding!

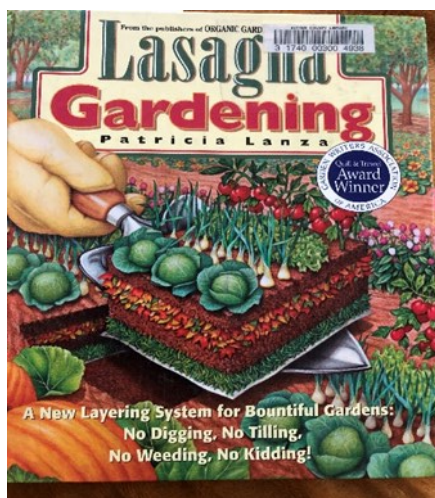
It seems like everyone is talking about this method of creating and maintaining garden beds and this book does a great job of explaining the reasoning and process.

The beds can be started on top of existing grass and weeds! Start with thick pads of newspaper or cardboard and then wet. Add the peat moss and mulches in 4~8 inch layers. Bonemeal or wood ashes can be added to the top layer for extra phosphorous and potassium.

After you make the beds, all you have to do each year is plant and mulch. The ground stays cool and damp under the layers of mulch, so regular watering is greatly reduced. Setting the plants close together encourages them to fill in faster so weeds are minimal and/or easier to pull up from the loose mulch. Because of the healthy growing environment, gardens have fewer pests.

Fall is the ideal time to start the lasagna because leaves are the backbone of the process, as well as the compost pile. Lay on as many layers of compost material as you can find. Worms are the hardworking soil cultivators and the lasagna layers provide a generous supply of worm food.

The book is available at our library if you want complete details on how to proceed.



Submitted by Carolyn Froelich



Become a Master Gardener and join our team!

UC Master Gardeners are volunteers trained and certified by the University of California, Cooperative Extension in areas of home gardening and horticulture. We extend gardening information and educational programs in Colusa County. Our next training starts January 23 to May 7 on Thursdays, 1-4:30 pm. Trainings will be conducted in Orland.

If you are interested fill out the form and give it to a Master Gardener or mail it to 100 Sunrise Blvd., Ste. E, Colusa, Ca 95932 or call 458-0570.

Applications are now available at cecolusa.ucanr.edu

Name

Address

Phone #

Email

Ornamental Plant of the Month

Vermillionaire Firecracker Plant

cuphea x vermillionaire

Right now is a perfect time to be planting perennials for the warm summer months. We still have the ground warm enough to encourage root growth but the weather has cooled enough to be kind to a new planting. One of the best to consider is the *Vermillionaire* form of *cuphea*.

This plant is hardy in our zone with tubular, fiery orange-red blooms with highlights of white and yellow produced up and down the stems. The leaves are slightly glossy, deep green and in contrast with the flowers. It doesn't wilt in our summer heat and full sun and only needs to be in an area with good drainage. With once a month feeding it turns into a flowering machine that even serves as a great cut flower. Bees and butterflies love and as well as the beneficial wasps and hummingbirds. It should be pruned to about 24 inches tall and about the same width. It will light up any area you place it!



Submitted by Cynthia White

Advice to Grow By....Ask Us!

UC Master Gardener Program of Colusa County



Wreath Workshop

*Don't
miss
it!*

- Learn how to make a holiday wreath using fresh materials.
- Fee, \$25, [click here to pay online.](#)
- Or pay in our office.
- Deadline to pay
- December 2

When

Saturday December 7, 2019
10-noon

Where

Colusa Fairgrounds,
Community building



University of California

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UCCE Master Gardener Program

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UCCE Colusa County, Master Gardener Program

100 Sunrise Blvd., Ste. E, Colusa

530-458-0570

cecolusa.ucanr.edu



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Edible Plant of the Month

Chard

Beta vulgaris ssp.

How to Grow:

Climate

Chard is a cool-season crop that loves cool, mild conditions; it tolerates summer heat and afternoon shade. Chard survives light frost.

Exposure and Soil

This fast growing plant does best in full sun but needs afternoon shade in hot, dry weather. Before planting, add a few inches of organic matter, and work it into the top 6 inches of soil.

Planting

Start seeds indoors or sow directly in the garden in spring or fall. Broadcast the seeds, cover lightly with fluffy soil, and tamp in place. Cover the bed to keep birds away and cats from digging. Keep the bed lightly moist until the seeds sprout. Once seedlings emerge, mulch the area with an inch of organic matter; keep it weeded. Water regularly.

Fertilizing

For best flavor and tenderness, chard needs to grow quickly and unchecked; apply hydrolyzed fish or all-purpose fertilizer at planting and again 6 weeks later, and if you are harvesting it often, again in a month or so.

Pests and Diseases

Aphid, and snails are occasional problems. Birds and rabbits devour young seedlings when given a chance (row covers will help with this).

Harvesting

Harvest the entire plant at once or cut off a few outer leaves at a time when you need them. The benefit of cutting a few leaves at a time is that the plant will continue to produce new leaves.



From *Edible Landscaping*

Submitted by Gerry Hernandez



GARDEN CHAT

Garden Chat with the UC Master Gardeners of Colusa County

Where: Arbuckle Library, 610 King Street

When: Tuesdays, 1 – 2 pm

November 26

Calling all garden lovers! Garden Chat is a roundtable chat about gardening. It's a place to share your gardening stories, successes, challenges and learn from your neighbors. See what happens when you unplug, slow down, enjoy, and meet with fellow gardeners.



University of California
Agriculture and Natural Resources

UCCE Master Gardener Program
Colusa County

**This is a
roundtable chat
about gardening!**

**Share your
experiences.**

**This is a good
place to ask
questions.**

**Garden Chat is
open to the
public!**

**At the
Arbuckle Library**

**UC MASTER
GARDENER PROGRAM
OF COLUSA COUNTY**

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Recipe of the Month

My summer garden is looking very tired, but I did harvest my new favorite squash, Delicata, it keeps a long time in a cool spot and is delicious just roasted or put in a soup. Fall doesn't often conjure up images of salad, but this one fits the bill just perfectly.

Autumn Harvest Salad with Pomegranates

Ingredients

1-2 bunches Kale, center ribs removed and torn into small pieces (6 to 8 cups)

1 delicata squash de-seeded and cut into half moons

1 cup cooked farro

4 ounces of soft goat cheese

1 cup arils from a pomegranate

2 Tlb olive oil

Salt and Pepper

For Dressing:

2 Tlb olive oil

2 Tlb apple cider vinegar

1 Tlb pure maple syrup

1 garlic clove pressed

¼ tsp chili powder

¼ tsp smoked paprika

Pinch of salt and pepper

Instructions

Preheat oven to 400 degrees

Toss delicata squash in 2 Tlb olive oil, salt, pepper and chili powder, arrange in a single layer on a lined baking sheet. Roast for about 15 minutes or until golden and tender. Set aside.

Whisk together all ingredients for dressing.

In a large bowl add kale, delicata squash, farro, goat cheese and pomegranate arils. Pour dressing over and toss to full coat everything in the dressing.

Submitted by Sherry Maltby, taken from Meghan McMorrow #foxandbriar.




Gardening Guide

UC Master Gardener Program of Colusa County

Zones 8 and 9



	November	December	January
P L A N T I N G	<ul style="list-style-type: none"> You can still sow seeds of wildflowers this month. Plant California poppy, calendula, clarkia, and sweet peas. In the veggie garden plant seeds for lettuce, mustard, spinach, radishes and peas. If you didn't get your new tree planted last month, it is not too late to take advantage of the fall root growth that will give your new tree a strong start. 	<ul style="list-style-type: none"> Bare-root roses Bulbs Camellias Cyclamen Hellebore Living Christmas trees Bare-root fruit and landscape trees 	<ul style="list-style-type: none"> Plant rhubarb, strawberries, and cane berries. Plant seeds for broccoli, cabbage, parsley, turnips, peas, radishes, lettuce, and spinach. This is the time to plant bare root roses, trees, artichoke crowns, grapevines, and other vines. You can still plant pansies, violas, snapdragons, and fairy primroses.
M A I N T E N A N C E	<ul style="list-style-type: none"> Look at your camellias and remove excess buds to get larger flowers. In the middle of the month fertilize the veggies and flowers that were planted in October. 	<ul style="list-style-type: none"> Adjust your irrigation Protect citrus and other sensitive plants Apply dormant spray Add mulch to beds Divide perennials Throw out fallen rose leaves 	<ul style="list-style-type: none"> Later in the month you can divide Shasta daisies, daylilies, chrysanthemums, and other perennials. Roses, fruit trees and other perennials can be pruned this month. Do not prune spring flowering shrubs until after they bloom. Prune berry canes that bore fruit last year to the ground. Prune grapevines back, leaving 2 to 3 buds per side shoot.
P R E V E N T I O N	<ul style="list-style-type: none"> Bait for snails and slugs with an iron phosphate-based bait. Fight cabbage loopers by using floating row covers to keep the adult white butterflies from laying eggs on leaves. Apply pre-emergent weed control among plantings and on your lawn. 	<ul style="list-style-type: none"> Shop: Plants and seeds make awesome holiday, hostess and mystery gifts. 	<ul style="list-style-type: none"> Spray horticultural oil on pruned fruit trees to control scale, mites and aphids. Thorough coverage will kill over-wintering eggs. Later in the month, spray neem oil on roses to control mildew, rust, and black spot. Do not apply oils unless there will be 24 hours of dry weather following application. Be sure to clean up debris (leaves and twigs) around roses and fruit trees to help prevent disease.

Seasonal IPM Checklist

The list below reflects possible landscape activities to do during the selected month(s) in your region. You can use the checklist as a guide for IPM activities in your own landscape or provide it to your clients.

November

- ☐ Abiotic Disorders - Prevent or manage damage, such as that caused by aeration deficit, frost, hail, herbicides, wind, and too much or little water.
- ☐ [Ants](#) - Manage around landscape and building foundations, such as using insecticide baits and trunk barriers.
- ☐ [Asian citrus psyllid](#) - Look for it and if found where not known to occur report it and other new or [exotic pests](#) to your local county agricultural commissioner.
- ☐ [Carpenter bees](#) - Paint or varnish and seal wood in which they nest. If intolerable, treat tunnels during fall or early spring.
- ☐ [Citrus](#) - Monitor for damage and pests such as brown rot, leafminer, root rots, and snails.
- ☐ [Clean up](#) mummies and old fruit and nuts in and under trees to avoid harboring pests. [Remove fallen leaves](#) from beneath deciduous fruit trees and roses.
- ☐ [Compost](#) - Add leaves dropped during fall. Turn and keep it moist. Cover during rainy weather if needed to avoid soggy.
- ☐ Continue [rainy-season prevention of diseases](#), [earwigs](#), [snails and slugs](#), and [weeds](#).
- ☐ [Frost](#) - Protect sensitive plants from cold injury when freezing or frost are predicted.
- ☐ Implement [disease and insect control](#) for apple, pear, stone fruits, nut trees, and deciduous landscape trees and shrubs such as roses.
- ☐ [Irrigation](#) - Adjust watering schedules according to the weather and plants' changing need for water. Reduce irrigation frequency or turn off systems if rainfall is adequate. Irrigate deeply but infrequently if the winter is dry.
- ☐ [Mistletoe](#) - Prune off infected branches.
- ☐ [Mulch](#) - Apply organic mulch where thin or soil is bare beneath trees and shrubs.
- ☐ [Olive knot](#) and [oleander gall, or knot](#) - Avoid pruning olive and oleander during wet weather if stem galls are a problem.
- ☐ [Pine](#) bark beetles, pitch moths, western gall rust, and wood borers - If pines need branch removal, prune during October through January.
- ☐ [Plant](#) bare root deciduous trees, shrubs, and vines e.g., caneberries, fruit and nuts, grapes, and roses. Transplant small evergreen trees and shrubs. Plant California natives and seedlings of cedar, fir, pine, and spruce. Select species and cultivars well-adapted to the local site. It's too late to plant frost-sensitive subtropical evergreen plants e.g., citrus.
- ☐ Prepare for rainfall. Prevent water ponding around trunks and foundations. Improve drainage. Install downspout diverters to [direct runoff into landscape soils](#), but avoid waterlogging of soil.
- ☐ [Prune](#) deciduous trees and shrubs that need pruning such as apple, crape myrtle, pear, rose, spirea, and stone fruits. Make cuts properly to encourage good form and structure. Remove dead, diseased, and borer-infested wood. Certain pests (e.g. shothole borer) and host plants such as apricot and cherry warrant summer pruning.
- ☐ [Root rot](#) - Favored by excessive water and poor drainage. Avoid overirrigation and waterlogged soil.

Seasonal IPM Checklist



[Stone fruit diseases](#) - Monitor for leaf curl or shot hole of apricot, nectarine, peach, and plum.



[Weeds](#) - Manage weeds using nonchemical methods such as [cultivation](#), handweeding, or mowing.

Master Gardener activities!



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

Broad-leaved—refers to evergreen trees and shrubs that have foliage year-round—camellia, for example—but not conifers. Also refers to any weed that is not grass.

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

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MASTER GARDENER PROGRAM

THINKING SAFE AND GREEN

AGRICULTURE AND NATURAL RESOURCES
ENVIRONMENTAL HEALTH AND SAFETY



#19

PROLONGED SITTING

Information given here is intended for use by program representatives, master gardeners, and those they train.



Sitting for long periods of time may cause back pain and decreased blood flow to the lower extremities resulting in leg soreness, aches, and pain. Those that sit for prolonged periods of time also report higher occurrences of stiff necks and shoulders than those that perform tasks involving greater movement. This Thinking Safe and Green note presents information about how to reduce the potential for incurring back, neck, and leg discomfort or injuries due to prolonged sitting.

Recommended Prolonged Sitting Practices

- Always try to sit with your back straight and your shoulders back. Keep your tailbone snug against the back of your chair. Do not slouch in your chair.
- Keep your weight distributed evenly on both your hips.
- Avoid sitting with your legs crossed.
- Relax while sitting and working in a chair. Allow your neck, shoulder, and back muscles to release any muscle tension. Performing chair exercises may serve to relieve muscle tension.
- Bend your knees at a right angle and rest them at an elevation slightly higher than your hips. Keep your feet flat on the floor.
- Keep your chair height adjusted to your workstation height such that you are able to sit close to your work with your wrists and head in neutral positions.
- Change your sitting position frequently. Avoid sitting in the same position for more than 30 to 45 minutes.
- Periodically schedule work or other activities that force you to leave your chair and physically move to and from other locations.

Thinking Safe and Green note #20 provides additional information about sitting at computer workstations. See <http://safety.ucanr.org/MG/>.

Safety videos and information that address setting up a computer workstation are available at the ANR Environmental Health & Safety website: <http://safety.ucanr.org/ergonomics>.

Garden Club of Colusa County activities

November 25, 6:30
St. Stephens Church
642 Fifth St., Colusa

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Additional Links

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

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Website: http://ucanr.edu/sites/anrstaff/Diversity/Affirmative_Action/.

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