



## ***A Garden Runs Through It***

**October 2020**

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

UCCE Master Gardener Program, Colusa County

County Director, Franz Niederholzer

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Colusa County

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- **Recipe of the Month**— Balsamic Chicken
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### *Upcoming events*

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



### **October**

#### **Take and Make at Home Kit**

Pumpkin Centerpiece

\$20

Deadline to pay is October 15.

See flyer for details.

If you join our Facebook page you will see educational videos in place of in person workshops.

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



# MG Event



## UC MASTER GARDENER PROGRAM OF COLUSA COUNTY

### *Take and Make at Home Kit*

### Pumpkin Centerpiece



## What

- Take and Make at Home Kit.
- Fee: \$20
- You will receive everything you need!
- Deadline to pay, October 15.
- [Click here to pay](http://ucanr.edu/sites/anrstaff/files/169224.pdf) or pay in our office or go to [cecolusa.ucanr.edu](http://cecolusa.ucanr.edu)
- Pick up at our office starting October 23.

## When

Pick up kits starting  
October 23 to October 30  
at our office.

## Where

100 Sunrise Blvd.  
Conference room  
Colusa



University of California

Agriculture and Natural Resources

UCCE Master Gardener Program



It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities (Complete nondiscrimination policy statement can be found at <http://ucanr.edu/sites/anrstaff/files/169224.pdf>) Inquiries regarding ANR's nondiscrimination policies may be directed to John I. Sims, Affirmative Action Contact, University of California, Davis, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1318.

## Ornamental Plant of the Month

### Thrillers and Spillers for your Fall Garden

I just came in from filling our two green waste dumpsters with trimmings and can't believe how much is yet to prune. It brought my mind to the coming months of seeing things dwindle and go into winter mode. One of the things that helps is to perk up your potted items in the landscape with some "thrillers and spillers" to brighten up a doorway or porch. Most of us have a plant in a pot that starts to look lonely when the green leaves our landscape and a couple of spillers will certainly do the trick!

The first thriller for your pot is *Japanese pieris* which can go from nearly full sun to full shade!! That's quite a feat and gives you great flexibility around the house. It blooms in late winter to early spring and can get about 4 feet tall if you let it. It is also known as lily of the valley shrub. It needs some room in the pot but will really set off an area. It will need water about once a week in the winter months

For the spiller part of the pot you need to check out the Golden creeping Jenny (*Lysimachia nummularia*) a species of flowering plant in the family *Primulaceae*. Its common names include moneywort, creeping jenny, herb twopence and twopenny grass. It will spill over the edge of your potted shrub and the color of the leaves will delight. The green species is a bit invasive so be sure to select the yellow leaved one. It forms a charming low mat of butter yellow leaves, bearing bright golden yellow flowers from late spring into summer. It is excellent in pots and tubs, or cascading over walls, outstanding when used as a foliage accent and evergreen in our mild climate.

Don't let the winter blahs determine your mood – brighten it with a new planter and enjoy!



Submitted by Cynthia White

## Recipe of the Month

### Balsamic Chicken - adapted from Rachael Ray

2 tablespoons vegetable oil, olive oil or sesame oil  
1 1/2 pounds boneless, skinless chicken thighs or breasts or a mixture of both  
1 teaspoon red pepper flakes OR sambal, chili garlic paste (optional)  
salt and pepper  
2 red bell peppers (or 2 red, 1 green), cut into 1-inch pieces  
2 cloves garlic, minced or grated  
1-inch piece ginger, minced or grated  
6-8 mushrooms, sliced  
1/2 - 1 onion, sliced in half and sliced thin  
1/4 cup balsamic vinegar  
1 teaspoon brown sugar  
1 teaspoon corn starch  
1/4 cup dry sherry or chicken broth  
1 bunch scallions, white parts cut into 1-inch pieces, green parts thinly sliced  
sesame seeds or chopped peanuts and/or cilantro for garnish  
Jasmine rice for serving

1. Heat the oil in a large oven safe nonstick or cast iron skillet over medium-high heat.
2. If you are using breasts, cut them in half cross-wise (not length-wise) so they cook more evenly.
3. When oil is hot, add the chicken in one layer and season with salt and pepper. Cook until light brown, ~4 min. Turn chicken and cook for another 2-3 min, remove to a plate, keep warm.
4. Add the bell peppers, mushrooms and onion to the drippings and cook ~5 min to soften and brown, then add garlic, and ginger so they don't burn.
5. While the peppers are cooking, stir together the balsamic vinegar, sherry, red pepper flakes or sambal, cornstarch and brown sugar.
6. Add mixture to the skillet and stir to deglaze the pan.
7. Return the chicken to the skillet with any drippings and nestle in with the veggies.
8. Cook until the sauce thickens and reduces a bit, 2-5 min, turning chicken to glaze with the sauce.
9. If the chicken is not quite done yet, cover and simmer, or pop into the oven 10-15 minutes. It depends on the size of the thighs and/or breasts how long it will take.
10. Serve topped with sliced scallions, cilantro and sesame seeds (or other garnishes).
11. Whether you put the whole thing over the rice in one big platter, or serve it alongside is up to you



## Recipe continued

### NOTES:

Start the rice before you start the dish so the rice will be done just as the chicken gets done.

You can also serve this with rice noodles, like Pad Thai, or fettucine pasta, instead of rice.

If I am using noodles, I precook them and put them in right after the sauce goes in.

If you are in a big hurry, cut the chicken into 1-inch strips or chunks and cook about 5-8 min total, adding back to the pan after you create the sauce so it does not overcook.

Ramp up or back off on the spice/chili level and/or the vinegar level according to your family's taste.

I have added a little white vinegar at the end to bump up the "sour" component.

Add sliced zucchini when you put the chicken back in, so it does not turn to mush.

Add sliced carrots and/or celery, cooking these with the onions.

Add spinach or sliced Swiss chard to vegetables, wilting in after you add the sauce components.

Substitute extra firm tofu and/or peeled and deveined shrimp for the chicken. Both cook fast, so wait until the veggies are mostly cooked to add either of these.

Substitute/add lime or orange juice (both with the zest!) for/with the sherry or broth.

If your family likes things fruity, add pineapple chunks and use the juice instead of broth.

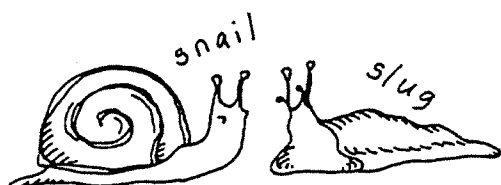


Submitted by Penny Walgenbach

## Handout • Gardening Activity #13

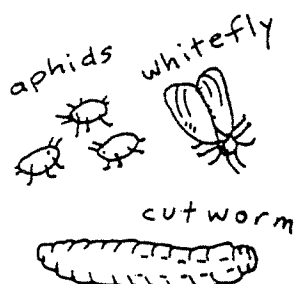
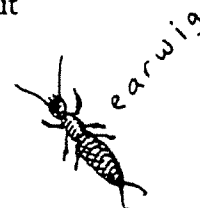
# PEST OR PAL?

### Some Common Garden Visitors "Pesky Fellows"



**Slugs and Snails** eat just about everything. They like cool damp times and often come out only in a drizzle or at night.

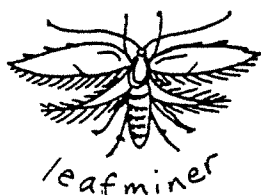
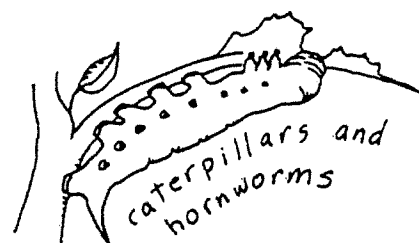
**Earwigs** eat the tiny first plant growth often leaving just a tiny green stub where a sprout once was. They eat just about any newly sprouted plant but particularly love marigolds, beans and zinnias.



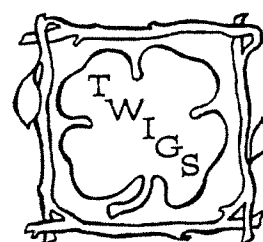
**Aphids and Whiteflies** suck plant juices and kill the plant by eating its juices or letting infection kill a weakened plant. Ants will sometimes farm aphids like they were dairy farmers. The aphid produces a sweet nectar that the ant eats. Ants will actually carry aphids from place to place spreading aphids on your plants! Both of these pests can be hosed off plants fairly effectively. Remove infested plants and control ants. Try some peppermint!

**Cutworms** chew through the stem of a plant at ground level causing it to topple over. Make a little wall or collar for the plant by setting a milk carton or plastic soda bottle with the ends cut off over the plant.

**Caterpillars and hornworms** (cabbage loopers) crawl on leaves munching as they go. The plants can lose all or at least a lot of their leaves! These can be picked off by hand or there are organic sprays (of a bacteria that attacks caterpillars) that can be purchased.



**Leafminers** are little flies that have larvae that burrow between the layers of the leaf, leaving sinuous trails. They are particularly fond of spinach, chard, beets, and squash. The eggs are easy to see and can be rubbed off the backs of leaves. On squash they can be left. Growing the other plants in cooler times of year makes the leaf miner less of a problem.



(continued)

# Bark Beetles

**Bark beetles are common pests of many trees, but some of the most damaging attacks occur on pines and other conifers.**

Trees already stressed by drought, disease, or mechanical damage are most likely to suffer. Insecticides won't save heavily infested trees. Instead, promptly remove infested trees and protect healthy ones with proper care.



California fivespined ips, also called pine engraver.

## Identifying bark beetles and their damage.

- Adults are small, dark, cylindrical insects about the size of a grain of rice; they can fly from tree to tree.
- Larvae are tiny grubs that feed beneath bark on trunks and branches.
- Infested trunks and branches have many tiny holes where beetles have bored in or emerged. Tree sap or dust from boring can exude from holes.
- If you peel back bark on infested trees, you may see galleries (tunnels) from adult and/or larval mining.
- Bark beetles in California include western pine beetles on ponderosa pine; mountain pine beetles on lodgepole and sugar pines; and engraver beetles on Monterey, pinyon, and other pines.
- Shothole borers and elm bark beetles attack some broadleaf trees.



Egg gallery and larval mines of European elm bark beetle.

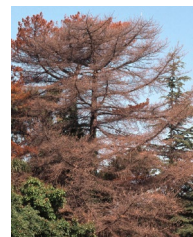
Credit: CS Koehler

## Bark beetles injure trees by disrupting the flow of nutrients.

- Adults and larvae feed in the area of the inner bark that transports nutrients through the tree.
- Needles turn yellow and drop off from infested trees.
- Infested trees can die in one season, causing limb drop and increased fire hazards.

## Keep trees healthy to reduce attacks.

- With low to moderate numbers of beetles, healthy trees defend themselves by releasing sap into holes before female adult beetles can lay eggs.
- Drought, disease, and injuries reduce a tree's ability to combat invasions.
- When possible, properly irrigate drought-stressed trees.
- Thin groups of trees or stands to keep remaining trees vigorous. Dense stands favor beetle attack.
- Avoid compacting soil and injuring roots and trunks during activities such as construction.



Monterey pine killed by engraver beetles.

## Remove severely infested trees.

- Regularly inspect your trees for signs of bark beetle invasions. Signs include dust from boring, small holes exuding sap, and tree crown decline.
- Promptly remove infested trees and destroy infested material by chipping or solarizing to prevent emerging beetles from attacking healthy trees.
- Solarize infested wood by tightly wrapping small piles in thick (10 mil) clear plastic and leaving them in the sun for several months.

## What about pesticides?

- Limit insecticide use (sprayed or systemic) to protecting healthy trees and combine with other nonchemical methods to improve tree defense.
- Insecticides are most effective when applied before adults land on the tree.
- Insecticides won't save heavily infested trees because they have limited impact on bark beetles inside the tree.
- Effective insecticides for bark beetles are available only to licensed applicators.

## What you do in your home and landscape affects our water and health.



- Minimize the use of pesticides that pollute our waterways and harm human health.
- Use nonchemical alternatives or less toxic pesticide products whenever possible.
- Read product labels carefully and follow instructions on proper use, storage, and disposal.

For more information about managing pests, visit [ipm.ucanr.edu](http://ipm.ucanr.edu) or your local University of California Cooperative Extension office.

# Gardening Guide

## UC Master Gardener Program of Colusa County

Zones 8 and 9

	October	November	December
P L A N T I N G	<ul style="list-style-type: none"> <li>Cool-weather annuals like pansies, violas, snapdragons can be transplanted now. Also, you can direct seed cornflower, nasturtium, poppy, nigella, portulaca and sweet peas.</li> <li>If you don't have a winter garden, consider planting a cover crop to be tilled in next spring.</li> <li>Direct seed peas, spinach, radishes, lettuce, and carrots.</li> </ul>	<p>You can still sow seeds of wildflowers this month. Plant California poppy, calendula, clarkia, and sweet peas.</p> <ul style="list-style-type: none"> <li>In the veggie garden plant seeds for lettuce, mustard, spinach, radishes and peas.</li> <li>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 in the spring.</li> </ul>	<ul style="list-style-type: none"> <li><b>Plant</b> <ul style="list-style-type: none"> <li>Bare-root roses</li> <li>Bulbs</li> <li>Camellias</li> <li>Cyclamen</li> <li>Hellebore</li> <li>Living Christmas trees</li> <li>Bare-root fruit and landscape trees</li> </ul> </li> </ul>
M A I N T E N A N C E	<ul style="list-style-type: none"> <li>Put your spent annuals and vegetables (disease-free, of course) in your compost pile.</li> <li>Be sure to deadhead your roses following the October bloom.</li> <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>In the middle of the month fertilize the veggies and flowers that were planted in October.</li> </ul> 	<ul style="list-style-type: none"> <li>Adjust your irrigation</li> <li>Protect citrus and other sensitive plants</li> <li>Apply dormant spray</li> <li>Add mulch to beds</li> <li>Divide perennials</li> <li>Throw out fallen rose leaves</li> </ul>
P R E V E N T I O N	<ul style="list-style-type: none"> <li>Check azaleas, gardenias and camellias for leaves yellowing between the veins. Apply chelated iron if this condition is present.</li> <li>Keep your compost bin covered with a plastic tarp when rains begin.</li> </ul> 	<ul style="list-style-type: none"> <li>Look at your camellias and remove excess buds to get larger flowers.</li> <li>Clean up all the fallen/falling leaves and other plant debris and dispose of diseased materials.</li> </ul>	<ul style="list-style-type: none"> <li><b>Shop:</b> Plants and seeds make awesome holiday, hostess and mystery gifts.</li> <li>Catalogs are arriving to get you excited about what to plant next year.</li> <li></li> </ul>



# 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.

## October

- ☐ Abiotic Disorders - Prevent or manage damage, such as that caused by aeration deficit, herbicide, salinity, soil pH, sunburn, 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.
- ☐ [Coast redwood dieback](#) - Check for drought-stress related maladies such as abiotic disorders, bark beetles, fungal diseases, and spider mites. [Deep water trees](#) and apply mulch.
- ☐ [Compost](#) - Add leaves dropped during fall. Turn and keep it moist.
- ☐ [Frost](#) - Protect sensitive plants from cold injury when freezing or frost are predicted.
- ☐ [Irrigation](#) - Adjust watering schedules according to the weather and plants' changing need for water. Check systems for leaks and broken emitters and perform maintenance as needed. Consider upgrading the irrigation system to improve its water efficiency.
- ☐ [Mulch](#) - Apply organic mulch where thin or soil is bare beneath trees and shrubs.
- ☐ [Olive peacock spot, or scab](#) - Make a preventive spray before the rainy season if the disease has been severe.
- ☐ [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. Plant California natives. Select species and cultivars well-adapted to the local site. Water regularly to keep root zone moist, but not soggy.
- ☐ 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.
- ☐ [Weeds](#) - Manage weeds using nonchemical methods such as [cultivation](#), handweeding, or mowing.
- ☐ [Yellowjackets](#) - Place out and maintain lure traps or water traps. Trapping is most effective during late winter to early spring.

## 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

Cool Season Plants—plants that thrive in cool weather. They include some vegetables (cole crops, lettuce, spinach, peas), and some annual flowers (pansies, violas, calendula).

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!*

## Safety Note #167

# BE INFORMED about EMERGENCIES and PREPAREDNESS

### Emergency Preparedness Series: Step 1 – Be Informed

*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 happen any day, anywhere. Most communities may be impacted by several types of natural or man-made hazards during a lifetime. Despite these risks, there are steps each of us can take to ensure we are prepared for a variety of circumstances. Being informed before, during and after an emergency is a critical part of being prepared and may make all the difference when seconds count! A first step for emergency preparedness is to **Be Informed** about what could happen and how to respond.



#### **Before an emergency:**

- Be informed about the potential hazards and risks in your area and learn the appropriate ways to respond to them.
- Identify how local authorities will notify you during a disaster and how you will get information, whether through local radio, TV or NOAA Weather Radio stations or channels.
- Train at least one member of your e or household in CPR, first aid and the use of an automated external defibrillator (AED). Contact your local American [Red Cross](#) chapter for more information, or EH&S staff for UC ANR resources.
- Know your community's hazard mitigation/response plans, evacuation plans and routes, community warning systems, emergency contacts and nearby buildings that are designated as disaster shelters or points of dispensing.
- Local emergency management offices can help identify the specific hazards in your area and outline the local plans and recommendations for each.
- Increase your disaster awareness; go to the California Emergency Management Agency's "[MyHazards](#)" website to learn about natural hazards specific to your region.
- Go to FEMA's [ready.gov](#) website to learn more about potential hazards and other emergencies, or call 1-800-BE-READY (1-800-237-3239) for a free brochure.
- ANR EHS staff can assist you in locating resources. Recommendations include your County's local Office of Emergency Services (OES), local American Red Cross chapter, the California Emergency Management Agency (Cal EMA), the Federal Emergency Management Agency (FEMA), County Health Departments, and the Centers for Disease Control and Prevention (CDC).

#### **During an emergency:**

- It is critical to stay informed of rapidly changing conditions during disasters and emergencies. Local authorities may or may not immediately be able to provide information on what is happening and what you should do.
- Monitor TV or radio news reports for information or official instructions as they become available. Many local agencies also now use social media (Facebook, Twitter, etc.) to relay emergency information. Use common sense and available information to determine if there is immediate danger.

#### **After an emergency:**

- If your community has experienced a disaster, register on the American Red Cross [Safe and Well Web](#) site available through RedCross.org to let your family and friends know about your welfare. If you don't have Internet access, call **1-866-GET-INFO** to register yourself and your family.
- Who can you rely on to help you after a disaster? Who will provide you with food, water, shelter and medical care? You might be surprised by the answer: YOU and YOUR NEIGHBORS! A major event will likely overwhelm local law enforcement, fire, and emergency medical personnel and resources. Getting prepared today by identifying and mitigating hazards, developing an emergency plan, and readying supplies may make all the difference.

Although we cannot prevent disasters, we can reduce the risk of injury and even death by becoming informed.

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



## Garden Club of Colusa County activities

October 26

## 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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