



## *A Garden Runs Through It*

December 2020

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

UCCE Master Gardener Program, Colusa County

County Director, Franz Niederholzer

UC Cooperative Extension,  
Colusa County

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### *Upcoming events*

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



#### **December**

*Take and Make at Home Kit*  
*Mini Succulent Wreaths*  
\$10 (cash or check)

Available December 7—11, 2020

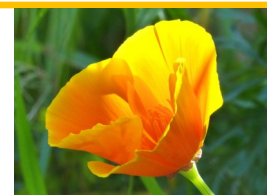
Please pay and pick up the kit in our office at  
100 Sunrise Blvd., Ste., E  
Colusa

#### **January**

Possible Rose Pruning Workshop  
January, watch 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!***



# Take and Make at Home Kit Mini Holiday Wreath

**Purchase the Mini Holiday  
Wreath kits at our office:**

100 Sunrise Blvd., Ste. E  
Colusa, Ca

\$10 each kit

Checks or cash only.

Kits are available December 7  
to December 11 only.

All materials seen in the  
photos will be included. You  
will arrange them as you wish.



Examples shown  
above, succulents &  
pinecones may vary.

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## Ornamental Plant of the Month

### How About A Smaller Tree For Your Yard?

Oftentimes I get overly ambitious about planting trees in the landscape and realize that a smaller one would have been a better idea. You quickly grow to hate that tree you should never have been planted in the first place. With that in mind let's consider some "smaller" trees that can really fill out your landscape and perhaps brighten up a dark corner.

One that we don't see much of is the 'Fox Valley' river birch is the solution. This compact form, also known as 'Little King', has the same shaggy bark as the species, which peels away to reveal irregular patches in shades of salmon pink. Like the larger river birch, 'Fox Valley' is highly resistant to birch borer, is remarkably tolerant of heavy clay soils, copes with humid conditions, and is even deer resistant. Plant this multi-stemmed tree where its shape and exfoliating bark can be silhouetted to advantage, such as against a shady evergreen backdrop. The tree grows well in our zone and will reach 10-15 feet tall and wide. It does want regular water and well-drained soil, but would be perfect in a narrow side yard if you prune it to stay skinny.

Another consideration if you want an evergreen could be the Golden Irish yew. It is a slow grower and doesn't mind being pruned often. It will even be quite happy in a container. In full sun the needles are an attractive light green and can even handle deep shade without losing any of the lovely color. It will eventually reach 8-10 feet in height and stay 3-5 feet wide. It does better in moist, well-drained soil.

The most important factor for any of these smaller trees is that they will accommodate your needs on a small scale. They will never shade your windows or take out your power lines!!



Submitted by Cynthia White

## Edible Plant of the Month

### What in the Heck is Chicory?

Chicory was first and is still grown as a coffee and/or sweetening agent. Chicory has been grown for centuries in Western Europe and was especially popular during WWI and WWII as real coffee was a luxury, not many could afford. The roots of the chicory plant are dried, roasted and then ground into “coffee”. In France, a mixture of 60% chicory and 40% coffee is sold as Ricore to this day. It is also added to coffee in Spanish, Turkish, Syrian, Lebanese and Palestinian cuisines. Ground chicory can be a true coffee enhancer and a company called Buisman in the Netherlands still sells it as such. When we have coffee with the family in Holland, we usually add a spoonful to the brewing coffee. Some beer brewers also use roasted chicory to add flavor to stouts, and Belgian style ales. The roots can also be cooked like parsnips and eaten.

Now for an interesting twist.

Back in the early 1800s, a Belgian chicory farmer was storing the roots in his cellar. After several months, he found some of the roots had sprouted small white leaves. After tasting the tender, moist, rather pleasantly bitter tasting leaves, he thought he was on to something. He decided to call it “Witloof” or white-leaf, what we know today as Belgian Endive.

Today, the chicory plant is grown from seed; the mature plants are topped, and the roots harvested. The roots are then taken indoors to grow again in a dark environment to keep the leaves white. We now have Belgian Endive which are then cut from the root and sold as a vegetable. Belgian Endive is grown mostly in Western Europe, but we also had a commercial grower locally in Dixon until a few years ago.

Belgian Endive can be used for salads, as an appetizer of individually stuffed leaves, or sautéed with herbs, fruit cream base sauces meats, and cheese. Our favorite in this house is to parboil about 6 or more endive heads in salted water (this will take out some of the bitterness), drain, wrap in thin slices of ham or prosciutto, cover with a cheese (gouda) white sauce (add just a bit of salt and nutmeg) and bake. SCRUMP-CIOUS!

Radicchio is also grown from the chicory root, but grown outdoors and cut off at ground level.

Submitted by Annelie Lauwerijssen





## Recipe of the Month

### Whiskey Cola Chicken with Beets and Sweets

adapted from Food Network

6-8 chicken thighs, skinless, boneless if you prefer, trimmed of fat

1 red onion, sliced red onion

3 cloves minced garlic

Sauce:

1/2 cup Coca Cola, not diet

1/4 cup bourbon or scotch whiskey

2 T siracha (or chili-garlic paste, or gochugang), more if you want it spicier!

2 T soy sauce

4 T honey

2 T Dijon mustard

4 cloves garlic, grated or 1 tsp garlic powder

4 T ginger, grated fresh

1 T sesame oil

salt and pepper

Blend sauce ingredients well, set half aside and reduce that half to thicken, then cover and refrigerate.

Marinate chicken in a zip bag with remaining unthicken sauce, 4 hours or over night, turning to coat a few times.

Place chicken and marinade in a heavy casserole in a single layer.

Top with sliced onions and minced garlic.

Braise, uncovered at 350 for about 20-30 min until meat reaches 165 degrees (or drain and grill).

Baste with pan juices a time or two to glaze the thighs.

Toss with reserved thickened sauce or serve the sauce on the side.

Garnish with green onions and cilantro.

See next page for more!

Continued from previous page.

Meanwhile, do with a Warm Beet, Sweet Potato and Kale Salad.

#### Ingredients

3-4 medium beets

1 medium or 2 small sweet potatoes, peeled and cut into 1-2" wedges

one bunch baby kale, torn in 1-2" pieces

balsamic vinegar to taste

Cook beets in water to cover about 20 min, until tender, rub off peel and cut into wedges.

spray sweet potato wedges with cooking spray.

roast 10-15 min at 400 on parchment paper (you want crisp edges).

toss the hot beets and hot sweet potatoes over baby kale in a wide bowl and dress with some balsamic vinegar.

OR Sauté 1 large bunch of regular kale with onions, bacon and mushrooms while beets and sweets cook and toss beets and sweets over the hot kale, dressing with balsamic vinegar.

Original recipe called for 1/2 T chopped rosemary, too... your choice.



Submitted by Penny Walgenbach

ENJOY

## PODCAST

A Garden Runs Through It

12/19/20

[HTTPS://WILLIAMSPIONEER.COM/PODCASTS/](https://williamspioneer.com/podcasts/)

EARLY MORNING  
[RadioColusa.com](http://RadioColusa.com)

UC MASTER GARDENER PROGRAM OF  
COLUSA COUNTY

## Book of the Month

### ***Bringing Nature Home***

by Douglas Tallamy

If you have a backyard, this book is for you, according to Richard Louv, author of *Last Child in the Woods*.

This is a great lesson in diversity as well as being careful about choosing native plants to fortify birds and other wildlife. I had never given much thought to the concept of “grows well in our area” descriptions of the many plants that certainly do well in our lovely nourishing northern California climate. The author elaborately explains how “doing well” and encouraging our insects, birds and other animals in the suburban garden are definitely not the same thing. He gives many examples of plants that accept as natives and not foreign ones that have adapted to our area just because they have been around for as much as 250 years in the case of the eucalyptus. The reason few things bother the eucalyptus is that our local insects and birds don’t want any part of it and can’t use it as a source of nutrition.

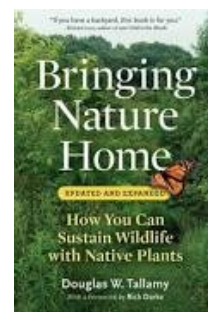
Our country has developed areas once ripe with diverse wildlife and put up malls and parking lots and new communities at an alarming rate. Then when we begin to be impacted with the wildlife encroaching on our home we can’t draw the conclusion that we have pushed them to the edge of survival and now our yards have become zones of desperation.

We cannot wait for industry to take care of our native species and have the means at our disposal to be very helpful. Using native plants in our home gardens means that we must transition from “alien” ornamentals to native species. Europeans quickly fell in love with the exotic beauty of plants that evolved on other continents when the great explorers returned home with beautiful species no one had ever seen before. It suddenly became fashionable and signal of wealth and high status to landscape with alien ornamentals. This isn’t a condemnation of that practice as much as a warning that it drives our local wildlife out of sight.

The other noted pattern the author describes is that the alien plants took over the land – the multiflora roses, the autumn olives, the oriental bittersweets, the Japanese honeysuckle, the Bradford pears, the Norway maples and the mile-a-minute-weeds- there was little or no leaf damage from insects, while the red maples, black and pin oaks, black cherries, black gums, black walnut and black willows had obviously supplied many insects with food. The consequences of this are obvious and bodes pure destruction for our native wildlife.

The book gave me pause to think about the world that we inhabit and has wonderful lists and examples of what we each can do to make a difference. The common theme is that we have disrupted natural habitats in so many ways and in so many places that the future of our nation’s biodiversity is dim unless we start to share the places in which we live – our cities, our suburbs – with the plants and animals that evolved there, and if we continue to landscape with alien plants that are toxic to our insects we break the chain of sustainability that allows us to thrive.

Submitted by Cynthia White



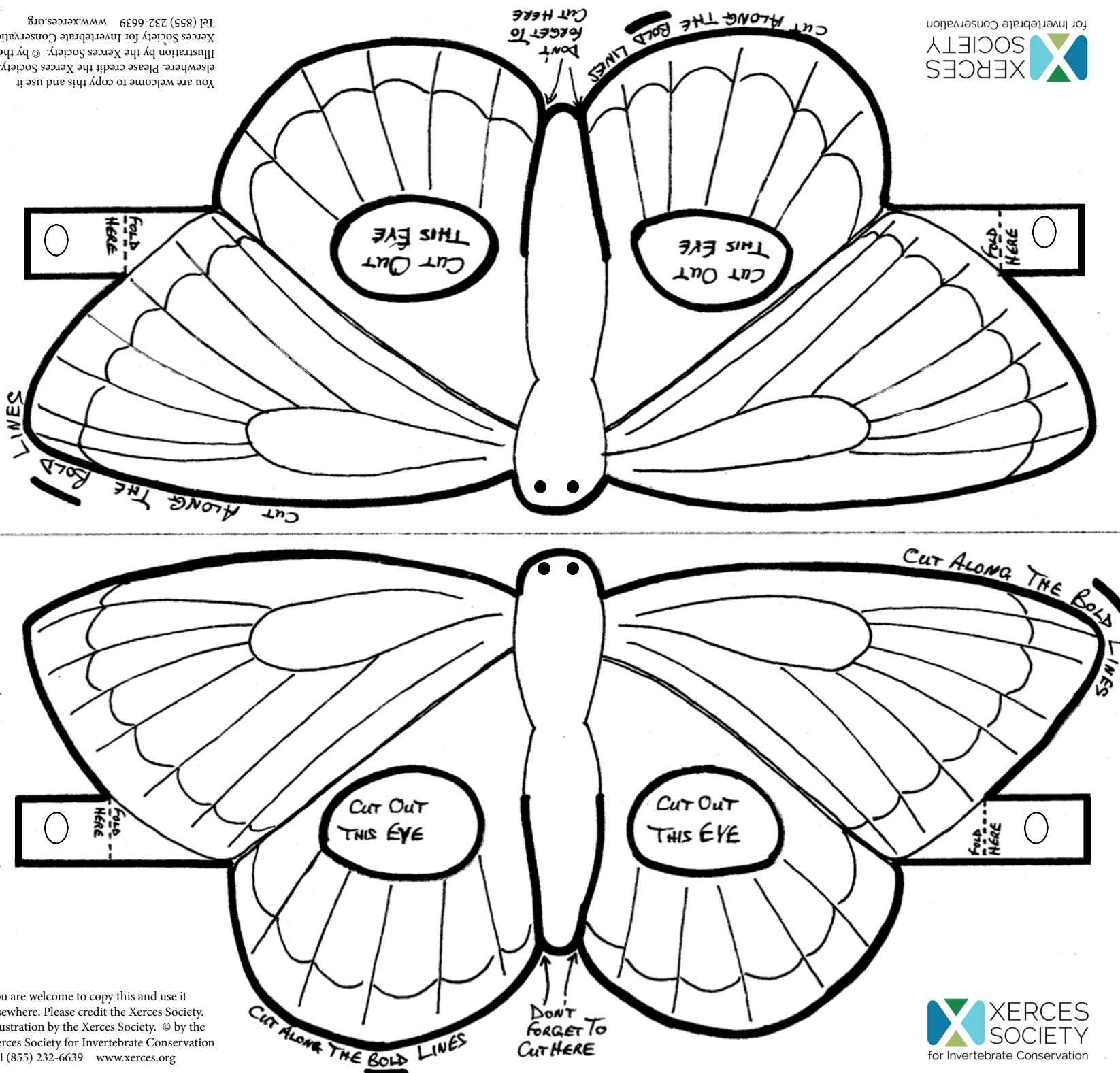


## Butterfly Glasses

Easy to make, and fun to wear!

- Color the butterfly in any colors.
- Carefully cut around the glasses, following the bold line (—). Don't forget to cut the sides of the body.
- Cut out the eye holes.
- Make two holes in the head and add pipe cleaner antennae.
- Punch a hole in the ends of the arms, and fold the ends back. Then attach pipe cleaner, and fold it around your ears.



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# Gardening Guide

## UC Master Gardener Program of Colusa County

Zones 8 and 9

	December	January	February
P L A N T I N G	<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>	<ul style="list-style-type: none"> <li>Plant rhubarb, strawberries, and cane berries. Plant seeds for broccoli, cabbage, parsley, turnips, peas, radishes, lettuce, and spinach.</li> <li>This is the time to plant bare root roses, trees, artichoke crowns, grapevines, and other vines.</li> <li>You can still plant pansies, violas, snapdragons, and fairy primroses.</li> <li>Plant gladiolus every 2 weeks for a succession of blooms.</li> </ul>	<ul style="list-style-type: none"> <li>Plant in vegetable garden by direct seeding: radishes, beets, chard, and peas.</li> <li>Start tomato, pepper and eggplant seeds indoors.</li> <li>Flowers to transplant or direct seed: snapdragon, candytuft, larkspur, coral bells, and stock.</li> <li>Plant bulbs for summer bloom: dahlias, begonias, gladiolus, lilies, etc.</li> <li>Plant potatoes.</li> </ul>
M A I N T E N A N C E	<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> 	<ul style="list-style-type: none"> <li>Roses, fruit trees and other perennials can be pruned this month.</li> <li>Do not prune spring flowering shrubs until after they bloom.</li> <li>Prune berry canes that bore fruit last year to the ground.</li> <li>Prune grapevines back, leaving 2 to 3 buds per side shoot.</li> <li>Later in the month you can divide Shasta daisies, daylilies, chrysanthemums, and other perennials.</li> </ul>	<ul style="list-style-type: none"> <li>Around Valentine's Day apply dormant copper spray to peach and nectarine trees no later than bud swell.</li> <li>Fertilize mature trees and shrubs after spring growth starts.</li> <li>Finish pruning roses.</li> <li>Mulch 3 inches deep around plants (without touching stems) to conserve soil moisture.</li> </ul>
P R E V E N T I O N	<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> </ul> 	<ul style="list-style-type: none"> <li>Spray horticultural oil on pruned fruit trees to control scale, mites and aphids. Thorough coverage will kill over-wintering eggs.</li> <li>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.</li> <li>Be sure to clean up debris (leaves and twigs) around roses and fruit trees to help prevent disease.</li> </ul>	<ul style="list-style-type: none"> <li>Around Valentine's Day apply dormant copper spray to peach and nectarine trees no later than bud swell.</li> <li>Be sure to remove and discard (do not compost) fallen camellia blossoms to reduce petal blight.</li> </ul>

# Peach Leaf Curl

**Peach leaf curl is a fungal disease that affects only peach and nectarine trees.**

Distorted, reddened foliage in spring is a distinctive symptom of peach leaf curl. New leaves and shoots thicken, pucker, and may later die and fall off. If you allow an infection to go untreated for several years, it can lead to tree decline. To prevent peach leaf curl, treat susceptible trees with a preventive fungicide every year after leaves fall. Treating after symptoms appear won't be effective. When planting, consider tree varieties resistant to the disease.



Reddened and puckered leaves caused by peach leaf curl.

## Look for symptoms in spring.

- New leaves and shoots redden and pucker. Leaves may yellow or be covered with powdery gray spores; leaves might also drop.
- Cool, wet spring weather prolongs disease development.
- A second set of normal leaves will replace fallen leaves, and tree growth will appear normal after weather turns dry and warm (79° to 87°F), although spores that can infect next year's growth may remain.
- Symptoms won't appear later in the season, although spores that can infect next year's growth may remain.

## What about pesticides?

- The safest, effective fungicides available for backyard trees are copper soap (copper octanoate) or copper ammonium, a fixed copper fungicide.
- Apply either of these copper products with 1% horticultural spray oil to increase effectiveness.
- Bordeaux mixture is a home-made copper sulfate and lime mixture that must be carefully mixed up just prior to treatment. However, the raw materials are difficult to find.
- The synthetic fungicide chlorothalonil is also effective.

Photos by Jack Kelly Clark

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

## Treat trees with a fungicide in late fall and winter.

- The fungal spores that cause the disease spend the winter on twigs and buds and germinate in the spring. For effective control, treat trees just after leaves have fallen, usually late November or December.
- A second application in late winter before buds swell can be considered, especially in areas with high rainfall or during wet winters.
- Don't apply fungicides during the growing season because they won't be effective.



Foliage damaged by peach leaf curl.

## Make fungicide applications effective and safe.

- All peach leaf curl fungicides have environmental and health risks. Wear protective clothing and follow label directions to stop drift or runoff.
- When you spray, thoroughly cover all branches and twigs until dripping to ensure all spores are killed.
- After many years of use, copper ions from copper-based fungicides can accumulate in soil. This can harm soil microorganisms and, through runoff, aquatic organisms. Take care when using these materials to avoid excessive runoff.

## 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.

# 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.

## December

- ☐ Abiotic Disorders - Prevent or manage damage, such as that caused by aeration deficit, frost, hail, herbicides, wind, and too much or little water.
- ☐ [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.
- ☐ [Citrus](#) - Monitor for damage and pests such as brown rot, 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 sogginess.
- ☐ 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.
- ☐ [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. Plant seedlings of cedar, fir, pine, and spruce. Select species and cultivars well-adapted to the local site.
- ☐ [Prune](#) deciduous trees and shrubs that need pruning e.g., 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. Except certain pests and host plants warrant summer pruning e.g., shothole borer, apricot, and cherry.
- ☐ [Root rot](#) - Favored by excessive water and poor drainage. Avoid overirrigation and waterlogged soil.
- ☐ [Stone fruit diseases](#) - Monitor for leaf curl or shot hole of apricot, nectarine, peach, and plum.



## 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

Blanching—to whiten a vegetable as it is growing by wrapping the stalk and leaves with paper or outer leaves, or by mounding soil around the portion to be whitened, such as asparagus.

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



# MASTER GARDENER PROGRAM THINKING SAFE AND GREEN

AGRICULTURE AND NATURAL RESOURCES  
ENVIRONMENTAL HEALTH AND SAFETY



#24

## GRASS- and HEDGE-SHEARING SAFETY

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



Picture Courtesy of  
Sierra Foothill REC

Data available from the U.S. Consumer Product Safety Commission indicate most manual lawn trimmer or edger injuries that received hospital treatment, during 2008, were lacerations to fingers. In addition to physical injuries, there are the potential for ergonomic injuries associated with repetitive hand-squeezing and stooping and bending motions frequently utilized when using grass or hedge shears. Many of these injuries are avoidable and are due to inexperience or lack of training or improper or inattentive use of grass or hedge shears.

### Grass- and Hedge-Shearing Safety Precautions

- Before using, always inspect grass- and hedge-shearing tools to determine if they are functioning properly, including assuring all moveable joints are lubricated and blades are sharpened adequately. For electric grass- and hedge-shearing equipment, inspect the batteries, power cord, and/or casing for damage. In addition, assure the on/off switch is functioning properly.
- If the grass or hedge shear fails the pre-use inspection, remove the shear from service.
- Wear appropriate personal protective equipment, including gloves, long-sleeved shirt, long pants, and closed-toed shoes. Use eye protection, when appropriate.
- Maintain a safe working distance from other people when using grass- and hedge-shearing tools.
- Carefully inspect the work area to locate any physical hazards, such as material, debris, or animal hazards, such as bees and wasps.
- Keep focused on the grass- or hedge-shearing task and always know the location of your hands and fingers. Always turn off a power grass or hedge shear before looking up.
- Always carry grass- and hedge-shearing tools with the sharp end pointed down.
- Be aware of the weather conditions and drink adequate fluids to prevent heat exhaustion and dehydration.
- Before changing or adjusting the blade(s) of a power grass or hedge shear, disconnect the battery or power source.
- Do not use dull bladed tools and never touch the blade of a grass or hedge shear.
- When available and appropriate, use tool extenders.
- Do not clean power grass or hedge shears with water and do not use power grass or hedge shears in wet conditions.
- Take frequent breaks when performing repetitive tasks. Do not overtire yourself.
- Avoid shearing grass or hedges in a stooped or bent over position for lengthy periods of time. If prolonged stooping or bending is unavoidable, then regularly interrupt the stooped or bent over posture by standing upright and successively bending backwards several times.

## Garden Club of Colusa County activities

No Garden Club meetings at this time.

## 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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