



University of California  
Agriculture and Natural Resources

UCCE Master Gardener Program  
Colusa County



# A Garden Runs Through It

February 2021

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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- **Kids gardening activity**
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- **Safety Notes**

## Upcoming events

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



### February

#### STEAM kits

Fava Beans  
Available at our office  
100 Sunrise Blvd., Ste. E  
Colusa

Kits will be available at the first of every month.

#### Take and Make at Home Kits

Houseplants  
All materials are provided.  
\$10, cash or check only  
Purchase and pick up in our office.  
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!



PRACTICAL | CONNECTED | TRUSTED



# Take and Make at Home Kit

## Houseplants

UCCE Master Gardener Program Colusa County

**When: February 1 – 12, 8-5 pm**  
**Or until we run out.**

**Where: 100 Sunrise Blvd., Ste E,  
Colusa**



- Houseplants are all the rage!
- All materials included – container, plant, soil, decorative rock.
- \$10, payable in our office, cash or check only.



**University of California**  
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**UCCE Master Gardener Program**  
Colusa County

ENJOY

## PODCAST

A Garden Runs Through It

1/23/21

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

EARLY MORNING – TOPIC, MONARCH BUTTERFLIES  
[RadioColusa.com](http://RadioColusa.com)



UC MASTER GARDENER PROGRAM OF  
COLUSA COUNTY

## Ornamental Plant of the Month

### Flambé Yellow—*Chrysocephalum*

Known botanically as *Chrysocephalum apiculatum*, Flambé is from Tasmania and Australia and has the common name strawflower, though it does not resemble the large selections of straw flowers that we call *Bracteantha*. Its most wonderful characteristic beside the lovely colors is nonstop blooms on a plant that is drought tolerant, heat tolerant and frost tolerant to around 30 degrees.

In trials it bloomed with its small button-like flowers of orange or yellow from May right up until hard freezes in November or December. In zones 9 and 10 it should return in the spring as a perennial with explicit drainage.

The Flambé *chrysocephalum* is available in orange and yellow. The Flambé Yellow has silver-gray leaves while the Flambé Orange has olive-green foliage. The plants are trailing, reaching about 8 to 15 inches tall which means they are wonderful in mixed containers.

Another stunning partnership would be to partner Flambé with *Truffula* Pink *gomphrena*, the hottest pollinator plant in the country. It produces iridescent hot pink balls that look like small exploding fireworks. Its toughness and longevity will match perfectly with Flambé Yellow.

With its drought-tolerant nature you must avoid overwatering. Make sure it has good drainage, sun and fertile soil, and you will find easy success. If you have compacted clay you should loosen the soil with 3 to 4 inches of organic matter or plant in raised beds, and a layer of mulch to conserve moisture and deter weeds. You'll find maintenance easy with no deadheading required. The spent flowers are quickly covered by new growth and more colorful blossoms.



Submitted by Cynthia White





# STEAM PROJECT

## Fava Beans

UCCE Master Gardener Program Colusa County

**When: Pick up any day between**

**February 1-12, 8 to 5pm**

**Where: 100 Sunrise Blvd., Ste. E**

**Colusa**



## Free Take and Make Kit for kids

- Learn how to grow your own fava beans!
- You will receive a fava beans, cup and soil.



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Colusa County

## Edible Plant of the Month

### LEEKED ITALIAN PARSLEY

Today I am going to write to you about two of our favorite vegies we plant in February. These two are in the top 10 in our much Dutch/American household.

Leeks; have you ever tried them? OMGosh, we eat them in soups, in salads or as a side, steamed and then drenched in a cheese (gouda) white sauce (and do not forget the nutmeg). Leeks are easy to grow in well drained soil and planted from seed! You can crowd them while planting and thin as they start to grow. As you thin, you will be picking spring onions, then shallots and finally leeks as you let them mature. I personally like my leeks BIG. When you harvest these, you must rinse in water, and then cut in rings from the bottom (discarding the roots of course) of the leek to the top, discarding any bad leaves and the very top of the green section. Soak again to get any lingering dirt/mud off, rinse and we are now ready for soup making. Melt 4 or 5 tablespoons (BUTTER) in a large stock or soup pot. Add the sliced and separated leek rings and sauté until the whites of the leek is almost transparent (like an onion). At this time add 4 or 5 tablespoons of FLOUR, and make a roux of sorts, while carefully adding a few cups of milk or cream or half and half and stir on a low setting until things thicken up. Now add chopped potatoes, and perhaps minced ham/bacon if you would like, and some chopped Italian parsley would also be a nice addition. Do not forget the salt, pepper and a bit of fresh nutmeg to taste. This is such an easy soup to make and so supercalifragilisticexpialidocious !!!!!

Parsley: In Holland we use strictly "Italian Parsley" which grows like the normal, boring stuff one finds as a garnish on their plate while dining out or dried and used in recipes such as soups or chicken dishes. Next time you shop for parsley seeds or a potted plant, go for the Italian one...the flavor is divine and nothing like you would expect. Italian Parsley will grow through the spring and summer and you can pick to use fresh in soups, stews, vegetable dishes or dry and use later. You will not go back the that boring "other" parsley after you taste what Italian Parsley has to offer. It's so easy to grow from seed, or you can purchase starts later in the spring from various nurseries. Italian parsley can grow quite tall and become a larger type plant, so make sure one chooses an adequate sunny/semi shady spot in the garden where to corral them in. That being said, 1-3 plants is plenty to see you through the year unless you wish to share with neighbors. To harvest, one only needs to cut the top leaves to use. These plants are prolific and will keep producing as long as you keep watering and trimming. Planting this parsley of all parsleys would be well suited to grow in a deep pot by the back door so one could grab a handful to use in the kitchen when need be.



Submitted by Annelie Lauwerijssen

## Recipe of the Month

### Chicken Tikka Masala

#### Chicken Marinade:

- 1 1/4 cup whole milk plain yogurt
- 1 tablespoon finely grated ginger
- 4 teaspoons kosher salt
- 1 teaspoon Kashmiri red chili powder (or Aleppo or regular off the shelf)
- 1 teaspoon garam masala
- 1 teaspoon freshly ground black pepper
- 1/2 teaspoon ground turmeric
- 2 cloves garlic, finely grated
- 8 boneless skinless chicken thighs (about 2 1/2 pounds)

#### Sauce:

- 4 tablespoons ghee or melted butter
- 1 large onion, sliced
- 2 serrano chiles, stemmed, seeded and finely chopped
  - (use Jalapenos or Fresnos for less heat, remove seeds and ribs for even less heat)
- Kosher salt
- 1 tablespoon finely grated ginger
- 4 cloves garlic, finely grated
- 2 teaspoons dried whole fenugreek leaves
  - (these can be hard to find, substitute 1/2 tsp ground fenugreek, or leave out)
- 2 teaspoons garam masala
- 1 teaspoon Kashmiri red chili powder (or Aleppo or regular off the shelf)
  - (if you family likes heat, you could add a little cayenne here, but be careful!)
- 1 teaspoon sweet paprika
- One 28-ounce can diced peeled tomatoes
- 1/4 cup heavy cream
- Chopped cilantro leaves and tender stems, for serving
- Basmati rice, for serving
- Naan bread, for serving

**Continue on the next page.**

## Recipe continued

1. For the marinade: Whisk together the ingredients, place in a zip bag with chicken, smoosh around to distribute marinade and refrigerate overnight.
2. For the sauce: Melt the ghee or butter in a large Dutch oven over medium heat. Add the onions and serrano or jalapeno peppers, season with 1 teaspoon salt and cook, stirring occasionally, until the onions are light golden, 8 to 10 minutes. Add the ginger and garlic and cook, stirring, 2 to 3 minutes. Add the fenugreek, garam masala, chili powder and paprika and cook, stirring, until very fragrant, about 1 minute more. Add the tomatoes and bring to a boil, reduce to a simmer, and cook gently, uncovered, stirring occasionally, until the sauce has reduced by about half, about 30 minutes.
3. Let the hot sauce cool some, remove the fenugreek leaves, transfer sauce to a blender, filling no more than halfway. Cover the top of the blender with a towel and process to a smooth puree. You may need to do this in batches. Pour the sauce back into the pot, add the cream and chicken (see choices below), and bring to a simmer to finish and serve. Season with salt to taste.
4. For the chicken, YOU HAVE CHOICES!

A. Broil the chicken (original instructions) - Once the sauce is about half done in step 2 above...

Position the oven rack directly under the broiler and preheat to high. Line a rimmed baking sheet with foil and set a wire rack inside. Arrange the chicken in a single layer on the wire rack. Broil until the chicken starts to brown in spots, 3 to 6 minutes per side (it will probably not be cooked through). Remove from the broiler. When cool enough to handle, cut the chicken into 1-inch pieces across the grain. Add the chicken to the sauce once the sauce is pureed in step 3, cover and cook until the chicken is cooked through, 8 to 10 minutes. (You could also cook the chicken on a BBQ, if you wanted.)

B. Pan fry the chicken

Cut the chicken in 1" strips, drain off most of the sauce, and sear briefly in a little oil in a very hot skillet or on a grill pan, adding the chicken to the blended sauce in step 3 above to finish cooking, which will not take long since the pieces are smaller..

C. Just add the chicken to the sauce - EASIEST - this is what I ended up doing...

Slice the chicken in 1-inch strips across the grain (OK to do this before you even put it into the marinade), and dump the marinated chicken into the sauce, marinade and all, right after adding the tomatoes to the sauce in step 2! If you decide to do this and you want a smooth sauce, just blend the sauce before adding the chicken. Otherwise, skip the blending step and enjoy a little texture from the tomatoes and onions. Because you fully cook the chicken and the marinade together in the sauce, the marinade is not a "raw chicken" problem.

5. Top the finished dish with cilantro and serve with rice and Naan.

NOTE: The spice level increases as this cooks, so be careful if you decide to add cayenne.

Submitted by Penny Walgenbach



## Book of the Month

### **The Posy Book** **Theresa H. Sabankaya**

A posy is a small, round bouquet of flowers and herbs that are chosen based on their meanings to convey a message.

Theresa Sabankaya's flower shop in Santa Cruz, California, prepares only posy arrangements for any occasion. Her posies are made of freshly grown flowers from her own garden, or other growers in the area. Each posy is accompanied by a keepsake tag that lists each flower and its

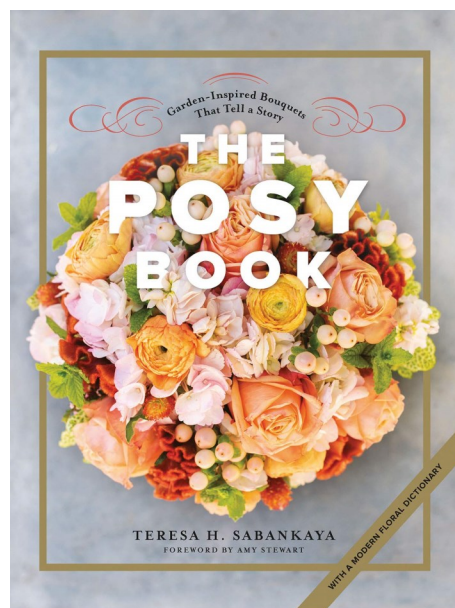
meaning. The tags are a delightful way to personalize the arrangement and a keepsake long after the flowers have faded. The book includes a history of the language of flowers and shares step-by-step instructions for making posies, floral recipes for more than 20 bouquets, and ideas for seasonal variations. A modern floral dictionary defining the symbolic meaning of flowers is included.

This is a beautifully illustrated and easy to understand guide to preparing your own beautiful posies for presenting to your friends, or displaying in your home, using fresh flowers from your garden. Posies come in all shapes and sizes. Each photograph is labeled to identify each flower or other plant material that has been used.

I thoroughly enjoyed this book for beautiful photography, a complete list of equipment needed, tips for conditioning flowers to help maintain freshness of your bouquets, samples of sentiment tags, and the dictionary, as well as the history of posies dating back to the Victorian era.

The book is available on Amazon and well worth its \$24.95 cost.

Submitted by Donna Critchfield





# Germination

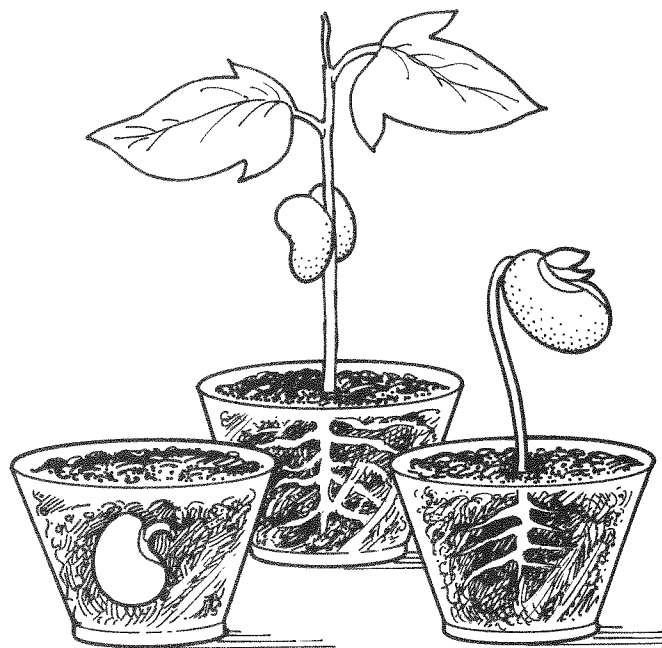
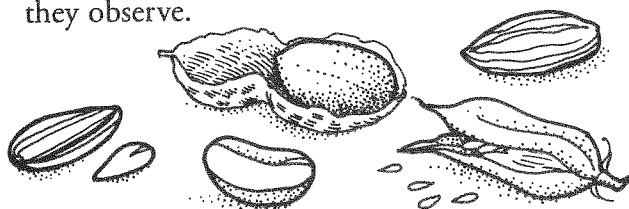
Germination starts when seeds become active below the ground and ends when the first leaves appear on the stem above the ground. The plant has then become a **seedling**. The seed itself is made up of the **seed coat**, **embryo** (young shoots, roots, and the **cotyledon** or cotyledons), and stored **nutrients** (either in the **endosperm** or **cotyledons**). When a seed leaves its parent plant, it goes through a period of dormancy when it becomes dehydrated. As conditions become favorable, the seed is activated and the first stages of germination begin.

## What Is Inside a Seed?

(Technical Illustration)

Soak an entire bag of dried lima beans in water overnight to ensure that you will have enough beans for this activity and the experiment on pages 35-36.

- Give each student a soaked lima bean and a sheet of drawing paper.
- Direct students to remove the seed coat and carefully pull the two cotyledons apart to open the seed. Tell them to open seeds along the outside curve to avoid damaging the embryo.
- Have students identify, draw, and label the cotyledons, the tiny leaves (plumule), and roots (radicle) of the embryo.
- Bring in other seeds such as peanuts, almonds, or sunflower seeds for students to open, examine, and draw. Lead a discussion allowing students to compare their drawings. Students may then eat the peanuts or other edible seeds they observe.



## Bean Germination

(Experiment)



Show your students the color photographs in *Bean and Plant* which illustrate the germination and growth of a bean plant. Do not read the text to them as will interfere with their experiment. Have your students complete the experiment on pages 35-36. In this experiment they will formulate and test the hypotheses regarding plant germination.

Name: \_\_\_\_\_

Bean Germination  
Experiment 3

EXPERIMENT

3

**Question:** *How long will it take beans to germinate?*

**Hypothesis:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Procedure:**

**Step 1**

Fill each cup 2/3 full with soil.

**Step 2**

Gently plant two lima beans near the outside of each cup to observe the beans as they grow.

Remember, germination begins when the seeds first become active underneath the soil and ends when the first leaves appear.

**Step 3**

Water soil sparingly. Place the cups where they will get sunlight.

**Step 4**

Record your observations daily on a chart like this:

Date	Observations

**Materials**

- ☐ clear plastic cups
- ☐ soil
- ☐ lima beans (soaked in water overnight)

**Step 5**

Draw what you saw during each stage of germination.

primary roots emerging	hypocotyl (hook) emerging	cotyledons (seed leaves) emerging	plumule (first foliage leaves) emerging

Name: \_\_\_\_\_

Bean Germination  
Experiment 3

EXPERIMENT

3

**Results and Conclusions:**

1. Was the germination rate the same for every bean seed? How do you account for this? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. What factors might affect the germination rate of a seed? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. Describe how your observations did or did not support your hypothesis. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
4. Do you think other types of seeds would have similar or different germination rates? Why? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5. What new questions about plant germination might you explore? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Science Challenge:** Set up an experiment to test this question:  
**Do all seeds germinate in 14 days?**



Write your question, hypothesis, procedure, and materials list on another sheet of paper. Then test the hypothesis and record your conclusions.



# Gardening Guide

## UC Master Gardener Program of Colusa County

Zones 8 and 9

	February	March	April
<b>P L A N T I N G</b>	<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>	<ul style="list-style-type: none"> <li>You can plant canna, gladiolus, and crocosmia for summer blooms. Early in the month you can still plant bare-root trees and shrubs if the garden center still has any.</li> <li>Don't be tempted by the plants in the garden centers unless you have a way to warm up the soil. It is still early for tomatoes, eggplant and peppers. Nights should be above 55°.</li> </ul>	<ul style="list-style-type: none"> <li>You can plant dahlia tubers and transplant most perennials.</li> <li>As temperatures warm (nights consistently over 55 degrees) you can transplant tomatoes, eggplants and peppers.</li> <li>You can still plant seeds of cilantro, radishes, beets and chard. (Cilantro will go to seed quickly as the weather warms up.)</li> </ul>
<b>M A I N T E N A N C E</b>	<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> 	<ul style="list-style-type: none"> <li>Prune and fertilize spring-flowering shrubs and trees after they finish blooming.</li> <li>Keep on the weed patrol; pull them while they are small.</li> <li>Check your irrigation system and do necessary maintenance.</li> <li>Fertilize roses, annuals flowers, and berries with slow-release fertilizer when spring growth begins.</li> <li>Fertilize citrus and deciduous fruit trees.</li> </ul>	<ul style="list-style-type: none"> <li>Trim the dead flowers but not the leaves from spring bulbs. The leaves restore the bulb; so wait to remove them until they turn yellow. Fertilize the bulbs after the bloom is finished with bone meal.</li> <li>Fertilize shrubs and trees once this spring.</li> </ul>
<b>P R E V E N T I O N</b>	<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> 	<ul style="list-style-type: none"> <li>Keep on the weed patrol; pull them while they are small.</li> <li>Use iron phosphate bait for slugs and snails or go on a night hunt and kill them up when you find them.</li> <li>Check your irrigation system and do necessary maintenance.</li> <li>Watch for aphids on new growth on the roses; spray with a strong spray of water to remove them, or use insecticidal soap or horticultural oil spray.</li> </ul>	<ul style="list-style-type: none"> <li>Trim the dead flowers but not the leaves from spring bulbs. The leaves restore the bulb; so wait to remove them until they turn yellow. Fertilize the bulbs after the bloom is finished with bone meal.</li> <li>Apply organic mulch to all beds to keep the soil cool and enrich the soil.</li> </ul>

# Snails and Slugs

**Snails and slugs rank among our most despised garden pests.**



These slimy mollusks emerge from hiding at night and chew holes in leaves and flowers of many succulent garden plants and fruit. Slugs and snails are similar in structure and biology, except slugs lack the snails' external spiral shell. Management requires a vigilant and integrated approach that includes eliminating moisture and hiding spots, trapping, setting up barriers, and handpicking. Baits can be helpful but by themselves don't provide adequate control in gardens that contain plenty of shelter, food, and moisture.

## How do you know snails and slugs are causing damage?

- Because they feed at night and hide during the day, you might not observe these pests at first. Go out at night or in the early morning to view them in action.
- Other pests can cause holes in leaves, flowers, and fruit. Look for the shiny slime trails slugs and snails leave behind.

## What can be done to reduce snails and slugs?

- Remove daytime hiding places such as ivy, weedy areas, debris, and boards.
- Place your garden in the sunniest spot possible. Remove garden objects, plants, or ground cover that can serve as shady shelter.
- Reduce moist surfaces by switching to drip irrigation or by running sprinklers in the morning rather than later in the day.
- Make sure the garden is mollusk-free before planting, then erect a copper barrier around it. Use a 4- to 6-inch-wide band of copper, buried an inch below the soil and bent over at the top or attached around the edge of a raised bed.
- Consider snail-proof plants such as impatiens, geraniums, lantana, nasturtiums, and other plants with stiff leaves and highly scented foliage such as sage, rosemary, and lavender.

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

## How can I manage snails and slugs without using pesticides?

- Regularly remove snails from shelters such as fence ledges, undersides of decks, and meter boxes.
- Build a trap using a board raised off the ground by 1-inch runners. As mollusks collect under the board, scrape them off and destroy daily.
- Place beer traps in your garden and dispose of trapped snails and slugs daily.



Use a board that is raised off the ground about an inch to trap snails daily.

## What about pesticides?

- Pesticide baits will not be very effective unless you also remove shelter, food, and moisture.
- Iron phosphate baits are safe for use around dogs, children, and wildlife.
- Ferric sodium EDTA is a newer active ingredient that works similar to iron phosphate. This product is not organically acceptable.
- Metaldehyde baits are especially poisonous to dogs and birds. Metaldehyde also loses its effectiveness rapidly in sunlight and after rain or irrigation.
- Irrigate before applying bait and apply in the evening on warm days when mollusks are active.
- Scatter, don't pile, bait around sprinklers and in moist, protected areas where mollusks travel. Always read pesticide labels before applying the product.

## 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.

## February

- ☐ 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.
- ☐ [Compost](#) - 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](#).
- ☐ Deter borers in fruit and nut trees e.g., [paint trunk and scaffolds with white](#) interior latex paint diluted with an equal amount of water.
- ☐ [Fire blight](#) - Look for oozing and dead limbs on pome plants such as apple, crabapple, pear, and pyracantha. If a problem in the past, apply blossom sprays to prevent new infections.
- ☐ [Frost](#) - Protect sensitive plants from cold injury when freezing or frost are predicted.
- ☐ [Grape diseases](#) - Monitor for powdery mildew, Eutypa dieback, Phomopsis cane and leaf spot, and others. Prune, remove, or treat as appropriate.
- ☐ 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.
- ☐ [Mosquitoes](#) - Eliminate standing water e.g., in gutters, drain pipes, and flowerpots. Place *Bacillus thuringiensis* subspecies *israelensis* in birdbaths and ponds to selectively kill mosquito larvae.
- ☐ [Mulch](#) - Apply organic mulch where thin or soil is bare beneath trees and shrubs.
- ☐ [Oak pit scale](#) - Spray terminals with oil or apply another insecticide if scales are causing tree decline.
- ☐ [Olive knot](#) and [oleander gall, or knot](#) - Avoid pruning olive and oleander during wet weather if stem galls are a problem.
- ☐ [Peach leaf curl](#) - Apply preventive spray once or more during late fall through bud break if leaf curl has been a problem on nectarine or peach.
- ☐ [Petal blight of azalea, rhododendron](#), and [camellia](#) - Remove and discard old flowers. Apply fresh organic mulch beneath plants.
- ☐ [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.

# Seasonal IPM Checklist



[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.



[Sycamore scale](#) - Check for presence of pest. Difficult or impractical to control on large trees.



[Yellowjackets](#) - Place out and maintain lure traps or water traps.



## 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

**Instar**—the period between molts in the larvae of insects.

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



1. Alpine Brier Rose (*Rosa pendulina vulgaris*)



# MASTER GARDENER PROGRAM

## THINKING SAFE AND GREEN

AGRICULTURE AND NATURAL RESOURCES  
ENVIRONMENTAL HEALTH AND SAFETY



#5

## GARDENING HAND-TOOL SAFETY

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



*Photograph Courtesy of Santa Clara  
County Master Gardeners*

Information available from the U.S. Consumer Product Safety Commission indicates more than 26,000 people were treated in hospitals during 2006 for injuries sustained while using garden hand tools. Typical injuries were strains/sprains to the lower back, shoulder, neck, and wrist. Many of these injuries could have been prevented by properly using garden hand tools and by knowing your physical capabilities and keeping garden activities to within your limitations.

### Gardening Hand-Tool Safety

- Prior to use, always inspect garden hand tools for defects or damage (e.g., splintered, loose, bent, or cracked tool handles, mushroomed tool heads, sprung tool joints, worn tool teeth).
- If a hand-garden tool fails your inspection, remove it from use.
- It is recommended that first time gardeners receive hand-tool training from an appropriately experienced instructor.
- Wear personal protective equipment (PPE) appropriate for the gardening task and weather conditions, including items such as a hat with brim, long-sleeved shirt, long pants, gloves, sunglasses, closed-toed shoes, and sunscreen.
- Use eye protection when the garden hand tool produces flying, crumbling, chipping, sparking, or splintering debris.
- Consume an adequate amount of water for gardening weather conditions.
- When gardening in warm weather, take frequent breaks in the shade.
- Keep the cutting edges of garden hand tools sharp. When cutting, always cut away from the body.
- Always use the proper garden hand tool for the job.
- Follow all product label instructions, including those for PPE use, when using a hand applicator to apply pesticides or fertilizers.
- Rotate gardening tasks frequently to reduce the potential for repetitive motion injuries.
- Stand with your back straight when using long-handled garden tools such as hoes, rakes, and shovels.
- Protect your back when picking up heavy items by maintaining a straight back, bending your knees, firmly grasping the object, and slowly lifting with your legs.
- Avoid using garden hand tools above your shoulder height.
- Use an insect repellent when biting or stinging insects are present in the garden.
- Do not horseplay with garden hand tools.
- Digging with your bare hands can result injuries such as cuts, punctures, or insect bites. Accordingly, dig with a hand trowel or other tool and gloves instead of using your bare hands.
- When finished, clean garden hand tools and store in their proper locations.

## Garden Club of Colusa County activities

No Garden Club meetings at this time.

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## 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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