



## A Garden Runs Through It

January 2025

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

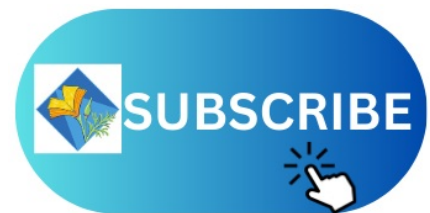
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## Upcoming Event

### Perennial Pruning Workshop

#### When?

Saturday, January 25, 2025 at 10:00 am

#### Where?

Donna Critchfield Demonstration Garden  
at the Education Village in Williams  
499 Margurite Street



**PERENNIAL PRUNING FREE WORKSHOP**

**SATURDAY, JANUARY 25, 2025  
10 AM**

- Join us to learn how to prune your perennials in order to keep your landscape healthy
- Donna Critchfield Demonstration Garden
- 499 Magurite Street in Williams, CA
- Find us at the plot between Yuba College and the Colusa County Office of Education

**QUESTIONS?**  
530 - 458 - 0570

Find us at the plot between Yuba College and the Colusa County Office of Education building

### What?

Join us for a free workshop to learn how to prune your perennials and prepare for them to thrive in the spring

## Plant of the Month

### 'Smokey Mountain Mint' *Pycnanthemum x incanum*



### 'Smokey Mountain Mint' *Pycnanthemum x incanum*

The mountain mint is not commonly found in our area but it is so hardy and a wonderful pollinator it would be worth it for you to look for it at a native plant nursery to add to your garden. Butterflies are attracted, and the green and purple foliage is one of my favorite combinations in the garden. It grows well in zones 4-9 and, at maturity, reaches about 24 inches tall and wide. It definitely needs full sun and average well-drained soil. It is native to most of North American.

This native hybrid is a pollinator magnet and shows off a gray-purple foliage, silvery-growing tips, and a pleasant minty fragrance when crushed. The silver bracts and bract-like leaves surrounding the white, lavender-spotted flower clusters create a wonderful and striking contrast.

This mint is a native North American hybrid and forms a vigorous clumping perennial that pairs beautifully with other summer blooms. You may hear some call it "hoary mountain mint" because of the hoary/whitish appearance of the upper leaves and bracts beneath the tiered flower clusters. It has a wonderfully erect and many branched growth pattern and can always be recognized as a real mint by the square stems. The leaves can be used in cooking and making teas.

If you are thinking of putting this in a small area you need to watch for the roots that want to reach out like any other mint. The clump-forming habit does make for fairly easy control however.

Submitted by Cynthia White





### Expanding

What a lovely month in the garden! In October and November, we added a cinder block raised bed to our demo garden and filled it with herbs! We have also continued to refresh our mulch path to make our garden easier to navigate, with the heavy rains making it muddy.

### Seeding and Planting

From September through November, the Master Gardeners were busy in the garden planting lettuce, beets, kale, radishes, carrots, broccoli, cabbage, cilantro, spinach, chard, and celery!

### Growing and Harvesting

Most vegetables that we planted in the fall are growing and thriving! The cabbage, cauliflower, and broccoli starters that were planted directly into the garden rows are growing more every day. In November and December, we were able to harvest some broccoli, cauliflower, radishes, beet leaves and kale. We donated these vegetables to the cafeteria at the Colusa County Office of Education Community School. The beets, lettuce, celery, carrots and cilantro that were planted are making steady progress as well!

# Gardener's Corner

## Ordering Plants and Seeds Online



### Ordering Plants and Seeds Online

The New Year brings plant catalogues and thoughts of new plants in the garden. It's a time of thinking ahead and planning what our gardens could be. We once received a call from a gardener, and she had questions about a tree. Then the gardener talked about how they purchased the tree online and the first one was not delivered. But they received a letter from the USDA that the tree had been quarantined and destroyed because of a pest or disease. So, the gardener went back online and purchased the same tree from the same vendor. This time the gardener received the tree. After talking with our Master Gardener tree expert, we recommended that the tree be destroyed because it is highly invasive!

You may ask “what is the harm”? California is the largest agricultural producing area in the world, and we need to protect it from potential devastation from foreign insects and disease. You do not need to order plants and seeds from the huge famous online retailer. There are thousands of seed and plant companies located in the United States. If the retailer is outside of California, check to see if they can ship to California. Remember, we are the largest agricultural producing state in the world and we need to protect it.

Did you know that Colusa County is a huge seed producing county? Yes, some of the seeds you purchase in the store and online are from here!

So, how can you tell if the online retailer is reputable? First, read all the information on their website. Look for detailed descriptions of the plants. Research how they are shipped, as in, bare root or potted plants. Will this plant survive in our area? Does it need a lot of water? Can it become invasive? Read their reviews.

Ask friends and family where they purchase seeds and plants? Do they recommend the online retailer? Social media garden forums are another place to ask questions.

Instead of purchasing online, go to your local store and purchase local. There are a lot of advantages of shopping local. Local stores carry plants that do well in our area. They have people who can answer your questions. Shopping local keeps your dollar in your community. If you don't like shopping in the big box stores, shop the small local garden centers. Their employees have been trained to help you! Small local stores usually carry a larger variety of plants than the big box stores.

You should also consider checking out the Colusa County Seed Library! It's a free resource available to anyone in Colusa County with a library card. All you need to do is browse the [catalog online](#), submit a seed request using the [online form](#), and then a volunteer will package your seeds. Hard copies of the catalogue and request form are also available at all of the seven branch libraries. When your seeds are ready, a librarian will notify you that your seeds are ready for pickup at your preferred branch location! There is no requirement to return seeds checked out from the library.



## Penny Pinching Tips from a Master Gardener's Kitchen



### Chapter 7 Part 1

Last time, I wrote about easy substitutions and two basic staples, salad dressings and rice. I thought I would follow up with recipes for some sauces, more foundations of good cooking. After I got going, I found I needed to break it up - again... Part 2 is coming next month.

[Link to the complete article](#)

Submitted by Penny Walgenbach

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## Recipe of the Month

### Turkey (or Chicken) Pot Pie



### Turkey (or Chicken) Pot Pie

I always have leftover turkey after Thanksgiving and I may have some leftover gravy, too. I take the wings (not my favorite) and the carcass and any other bones and simmer them in just enough water to cover with an onion, some celery and a carrot. I drain and save the stock, take any remaining meat off the bones, and save it in the stock. This works with leftover chicken of any kind or just use a rotisserie chicken.

#### Ingredients

- 1 medium onion, chopped or sliced
- 1-2 stalks of celery, sliced
- 1-2 cloves of garlic, minced
- 1/2-1 cup red or green bell pepper, diced, optional
- 2-3 tablespoons of butter or bacon drippings
- 1/2 teaspoon salt
- 1/4 - 1/2 teaspoon pepper
- 2 tablespoons of flour
- Optional seasonings to choose from:
  - 1/2 teaspoon poultry seasoning and a bay leaf

- OR 1-2 teaspoons Herbs de Provence
- OR 1/2 teaspoon each dried thyme and sage and 2 tablespoons dried parsley and 1/4 teaspoon rosemary (if you like it!)

2 cups of turkey stock or chicken broth

Possible add ins:

- 1 tablespoon of Better than Bouillon
- 1 tablespoon of Worcestershire sauce
- 1 tablespoon of Dijon mustard

3-4 cups of leftover turkey (or chicken) cut in 1-2" pieces

2-3 cups leftover veggies you may have like peas or green beans OR 1 1/2 cup frozen peas and carrots, 1/2 cup frozen corn and 1/2 cup frozen green beans

1 "pop tube" of biscuits or your own biscuit dough

### Directions

1. Preheat oven to 350 degrees
2. In a deep, heavy skillet or a Dutch oven sauté onion, celery, garlic, and bell pepper with butter or bacon drippings to soften the vegetables.
3. Add salt and pepper to taste and stir
4. Stir in flour and let it thicken up
5. Add seasonings of your choice to the vegetable mixture
6. Pour in turkey stock or chicken broth OR your leftover gravy and enough stock or broth to make 2 cups
7. TASTE the mixture - if needed, add one, some, or all of the possible add ins
8. Add leftover turkey or chicken
9. Add leftover veggies or your mix of frozen peas, carrots, corn and green beans
10. Gently mix the meat and veggies with the gravy
11. Bring the mix to a simmer
12. Lay the biscuits over the turkey and vegetable mixture
13. Bake uncovered in a 350 degree oven for 30+ minutes, until you see the biscuits have browned and the gravy bubbling all around

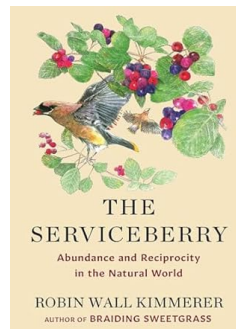
Tip: If you want your gravy thinner, add 1/4 -1/2 cup of stock. Frozen veggies can thin the gravy as they cook, so keep this in mind if you use frozen vegetables,

Recipe submitted by Penny Walgenbach

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## Gardener's Literature

### *The Serviceberry* by Robin Wall Kimmerer



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A year or two ago a wonderful friend gave me a copy of *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants* by Robin Wall Kimmerer. It is a lavish storytelling saga of the peoples and knowledge of the North American tribes before we were “discovered” by Europeans. Robin is a Citizen of the Potawatomi Nation, scientist, and professor as well as Distinguished Teaching Professor of Environmental Biology and founder of the Center for Native Peoples and the Environment. I read her first book slowly to absorb all the amazing things she had to say and was sorry when it ended.

The Serviceberry is every bit as entrancing as I hoped, and I bought it for myself for Christmas. It tells of the harvests of Serviceberries alongside the birds that she considers the "ethic of reciprocity that lies at the heart of the gift economy". The Serviceberry's relationship with the natural world embodies interconnectedness and gratitude. The sweet juicy berries meet the needs of its natural community and thereby ensures its own survival. It provides an antidote to the broken relationships and misguided goals of our times and a reminder that "hoarding won't save us...All flourishing is mutual."

I'm sure this book struck me directly as we have a Serviceberry (western variety) at our cabin that hangs onto the drop-off to the creek bottom. It has been crushed by falling trees and rocks and I am always fearful that it is certainly dead but the next spring if I am lucky enough to be there to see it a branch or two sticks its head up and produces a few miniscule white flowers that let me know there will be another chance for this one. I've yet to taste the fruit of this shrubby plant as the birds and squirrels always get to it first but I'm told it has an essence like no other. In the east and the north, the berries are much more plentiful and are picked to add to the natural diet of many peoples. Maybe one day I will be lucky enough to be at the cabin on the right day to savor just one. At the end of the day I am solaced by the fact that as the birds eat the berries they fly away and their digested remains drop the seeds that will provide for an abundant future for the plant. There is always hope.

Submitted by Cynthia White

## Thinking Safe and Green

### Master Gardener Program



#### Safe Lifting Practices

More than 1,000,000 back injuries occur in the workplace each year. Approximately 800,000 of these injuries are to the lower back and 750,000 happen while lifting objects. English and Spanish language safety videos on preventing back injuries are also available for loan from the ANR Environmental Health & Safety Library at:

<http://safety.ucanr.edu>.

Click the link below to read this month's safety tip.

[#9 Safe Lifting Practices](#)

## Gardening Guide

UC Master Gardener Program of Colusa County  
Zones 8 and 9

	January	February	March
Planting	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,	Plant in vegetable garden by direct seeding: radishes, beets, chard, and peas. Start tomato, pepper, and eggplant seeds indoors. Flowers to transplant or direct seed: snapdragon, candytuft, larkspur, coral bells, and stock. Plant bulbs for summer	Mid-March is a good time to plant potatoes. 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. Don't be tempted by the

	<p>violas, snapdragons, and fairy primroses.</p> <p>Plant gladiolus every 2 weeks for a succession of blooms.</p>	<p>bloom: dahlias, begonias, gladiolus, lilies, etc.</p> <p>Plant potatoes.</p>	<p>plants in the garden centers unless you have a way to warm up the soil. It is still early for tomatoes, eggplant, and peppers (although you could try late in the month if it is still warm.) Nights should be above 55°.</p>
<b>Maintenance</b>	<p>Roses, fruit trees and other perennials can be pruned this month.</p> <p>Do not prune spring flowering shrubs until after they bloom.</p> <p>Prune berry canes that bore fruit last year to the ground.</p> <p>Prune grapevines back, leaving 2 to 3 buds per side shoot.</p>	<p>Finish pruning roses.</p> <p>Prune summer blooming shrubs now.</p> <p>Pest and Disease Control</p> <p>Watch for aphids on spring blooming bulbs; remove with a strong spray of water.</p>	<p>Check your irrigation system and do necessary maintenance.</p> <p>Fertilize roses, annuals flowers, and berries with slow-release fertilizer when spring growth begins.</p> <p>Fertilize citrus and deciduous fruit trees.</p> <p>Prune and fertilize spring-flowering shrubs and trees after they finish blooming.</p> <p>Fertilize the lawn with a slow-release fertilizer.</p>
<b>Prevention</b>	<p>Spray horticultural oil on pruned fruit trees to control scale, mites and aphids.</p> <p>Thorough coverage will kill over-wintering eggs.</p> <p>Later in the month, spray neem oil on roses to control mildew, rust, and black spot.</p> <p>Do not apply oils unless there will be 24 hours of dry weather following application.</p> <p>Be sure to clean up debris (leaves and twigs) around roses and fruit trees to help prevent disease.</p> <p>Order seeds for this year's vegetable and flower garden.</p>	<p>Around Valentine's Day apply dormant copper spray to peach and nectarine trees no later than bud swell.</p> <p>Fertilize mature trees and shrubs after spring growth starts.</p> <p>Be sure to remove and discard (do not compost) fallen camellia blossoms to reduce petal blight.</p> <p>Fertilize spring blooming and fall-planted perennials.</p> <p>Mulch 3 inches deep around plants (without touching stems) to conserve soil moisture.</p>	<p>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.</p> <p>Prepare garden beds by incorporating compost before planting spring vegetables.</p> <p>Keep on the weed patrol; pull them while they are small.</p> <p>Use iron phosphate bait for slugs and snails or go on a night hunt and kill them up when you find them.</p>

## Science Word of the Month

**Perennial:** A plant that lives year after year; all woody trees, shrubs, and vines, and many herbaceous species are perennials

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

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.



## Contact Us

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