



DEL MAR MESA GARDEN CLUB

IN JANUARY NEWSLETTER

- Monthly Meeting
- New Member Welcome
- Sign up Jan 22, Pruning
- February Upcoming Events
- This month in the Garden
- Bug of the Month: Sow, Pill
- Disease : Root Rot
- DMMGC Gift Card, Tee Shirt
- New Website for DMMGC
- Social Media
- Member Contributions
- Outgoing Chair's message
- Club Financials
- CGCI Newsletter

Monthly Meeting: Happy New Year!! For the Jan 4th meeting, we made pine cone bird feeders and invited library patrons to join as we had extra materials. Thanks to Chris Ross for sharing seedlings for radicchio, endive and other unique greens. Shital Parikh had oyster mushrooms and lion's mane mushrooms to show and tell and brought grapefruit, guavas and lemons to share. Tasting was oyster mushroom tempura w/ sriracha mayo. All craft materials were donated by Shital parikh. The pumpkin arrangement given to the library in Nov is still alive and well. We placed narcissiques, paperwhites and baby breath arrangements for Flowers for a Smile. Katherine Koehler's dry wreath was on display and inspired many. Thanks to all members who helped clean up. It was lovely meeting new members.



PINE CONE BIRD FEEDER

Make and take home (free)
Jan 4, 11:30 - 12:00



This nature craft helps birds get easy access to food in winter. Pinecones are easily compostable after use.

Steps to make your own Pine Cone Bird Feeder.

1. Take a pine cone and gently brush off any lingering dirt.
2. Take a twine.
3. Tie the twine in a secure loop around the top of the pine cone, leaving enough to tie it to a tree or pole.
4. Carefully spread a generous layer of Crisco
5. Roll your pine cone in bird seed until it is covered well.

Hang your feeder on a tree branch or pole and watch the birds enjoy their winter feast!

*Note: Squirrels love this kind of feeder, so be sure to hang it somewhere it will be difficult for squirrels to reach like on thin branches high off the ground.



Welcome New Members: Please join me in welcoming 3 new & returning members Iwen Chen, Svetlana Pucillo and Irene Nova.





JANUARY 22, 2023 Sunday, 2:00 pm - 4:30 pm, Location: DMM home garden

SIGN UP NOW!! MEGA PRUNING EVENT: Rose Pruning: Demonstration & workshop:

Learn to prune your roses and rose care from a member rose expert, Sandi Adam. You will also get a rare opportunity to prune rose bushes and practice on live trees. **Fruit Pruning: Talk & Demonstration** in the

garden with Master Gardener, author and [blogger](#) Greg Adler. Greg lives in Ramona with his family and has been growing his own organic fruits and vegetables for over 20 years. He breaks down fruit tree pruning information so it's easy to understand to get optimal harvests and keep trees disease free. Wear comfortable, closed toe shoes.

Thank you to Chelsea Senroy for Sign up Genius.



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February 1, 2023 Wednesday, 11:00 am - 12:30 pm, Location: Carmel Valley

Library, 1319 Townsgate Dr, San Diego, CA 92130 **HERBAL TEAS:** Sample herbal teas and a mexican cough remedy. Learn to grow your own herbal teas. Take home herb cuttings, shoots, bulbs, flowers, leaves for various herbs used in these special teas. Recipes will be shared.



February 19, 2023 Sunday, 3:00 - 4:00 pm, Experience

the western ranch lifestyle with a visit to Minnie Farr's ranch, home to Chickadee Country, a nonprofit after-school and summer camp program for kids. We'll check out her barns, greenhouse and super-size chicken coop and see baby chicks, goats, sheep, pigs and horses. Minnie is also growing veggies organically using manure and compost from food scraps.

THIS MONTH IN THE GARDEN

January can be an excellent month for garden maintenance and preparing your landscape for spring and summer.

From giving your garden a makeover to planning for a vegetable garden, there are endless opportunities to stay active in the garden in January. What steps can you take to improve your garden this month? Here are a few tips to get you started:

1. **Watch weather reports.** Accordingly, protect your plants from frost and other weather conditions. Cover them when necessary and adjust watering both for cooler temperatures and for seasonal rains.
2. **Don't forget about your houseplants.** Make sure to keep your houseplants watered, as they tend to dry out from indoor heating during the winter months.
3. **Clear plants and debris.** Clean out soggy leaves, broken branches and dead plants. Maintain unranked patches (if desired) and old rose canes for overwintering insects. Don't forget to pull out weeds.
4. **Pruning Tools:** Keep your garden tools sharp and clean. Avoid rust and dullness and prepare for the pruning that takes place in January and February.
5. **Pruning:** Prune dead or damaged branches. Since January is the dormant season, it is the ideal time to prune. Prune your fruit trees while avoiding apricot and cherry trees. For more instructions on how to prune, check out [this pruning guide](#).
6. **Start your vegetable garden indoors.** Expand your growing season and start seeds, you can plant cabbage, chard, broccoli, cauliflower, and spring lettuce, to name a few. You can also start them in a cold frame or greenhouse.
7. **Plant flower bulbs.** Get a jump start on [planting flower bulbs](#) this month, which can lead to a longer

spring bloom!

8. **Plan your spring and summer vegetable garden.** Design a garden plan now to prepare for spring planting. A great first step is to draw a map of your garden on grid paper and consider which seeds you want to plant and where.

January is a time of new beginnings, including in your garden. By preparing now, you can expect fantastic results in the spring and summer months.

Common Garden Bug of the Month: Pillbugs & Sowbugs



Adult sowbug.



Adult pillbugs.

Pillbugs (family Armadillididae) and sowbugs (family Porcellionidae) are not insects or true bugs. They are soil-dwelling crustaceans in the order Isopoda (called isopods). Also called roly pollys as they curl up into a ball upon contact.

Damage Sowbugs and pillbugs feed primarily on decaying plant material and are important decomposers of organic matter. However, they occasionally feed on seedlings, new roots, lower leaves, and fruits or vegetables touching the soil.

Solutions If pillbugs or sowbugs are a problem, reduce the amount of decaying organic matter on soil and minimize wetness of the soil surface. Reduce the frequency of irrigation to the extent compatible with healthy plant growth. Irrigate early in the day so surfaces are drier by evening. Keep compost and mulch back from plants and building foundations. Using raised beds or planting boxes, plastic mulch instead of organic material, and drip or furrow irrigation instead of sprinklers usually keeps pillbugs and sowbugs from becoming serious problems. Black plastic mulch may be more effective at discouraging them than white or clear plastic. Attractive food as traps. Place halved melons or grapefruits (eaten first) on the ground with the cut side down. Raw potato halves, hollowed out a little, will also work. Pillbugs that hide in rolled up newspapers left around the garden can be easily shaken out into the soapy water.

Common Garden Disease of the Month: [Root Rot](#)

Root Rot: Root rot is a general term for a potentially fatal disease that attacks a plant's root system and can quickly spread throughout the whole plant, leading to the death of the plant. Root rot renders plant roots useless, depriving the rest of the plant of the nutrients it needs to survive. Avoid over irrigation and waterlogged soil.

Signs of Root Rot

Although root rot primarily affects a plant's underground root structure, signs of root rot can become apparent both above and below ground. Continually wet soil, Stunted growth, yellowing leaves with burnt tips, Mushy, black roots. Root rot has two main causes: lack of oxygen and fungal infection



How to Treat Root Rot

Don't assume your plant has root rot just because it's wilting. Instead, carefully remove it from its soil and inspect the roots to get a clear picture of its health. Clean the roots under running water. Remove as much soil from the roots as possible, since the soil may be infected with fungi.

Using clean equipment, prune away any dark or mushy roots. Be aggressive, since root rot can spread again if left untreated. If you're left with very little root system after you've pruned, cut away some of the plant's leaves so that the remaining roots have less growth to support. Discard the soil, Wash the pot and your equipment thoroughly, Repot the plant in fresh soil.

Add beneficial nematodes to soil after removal of plants with roots, if changing the soil is not possible.

Solarize the soil. Crop Rotation helps to prevent root rot. Tomatoes, cucumbers, and brassicas can get root rot if planted in the same spot for 2-3 consecutive seasons. Avocado plants are easily susceptible to root rot.

GIFT CARD

Spend quality time doing what you love with friends & family. Club Gift Card, can be applied towards memberships or event and workshop costs. Makes for a great gift for a garden lover all through the year.



You can register them on the website and pay their membership dues of \$25 or get this beautiful gift certificate to present to them an amount of your choice. [Membership registration form](#) link.

Email: info@friendsdmm.org to request the gift certificate.

Free Gifts with membership: *New members* get a gift choice of root veg grow bag and Sweet Potato plant cuttings. *Renewing members* get garden club tote with annual growing chart and seed packet.



DMMGC T- Shirts now on sale for \$20. To purchase a club T-shirt, please email info@friendsdmm.org



[NEW WEBSITE](#) for DMMGC & Friends of DMM..... Thank you Raquel Sutton

SOCIAL MEDIA..... By Sandi Adam

Club FaceBook Page now open to friends and family

The Club Facebook page is a great place to ask your garden questions and interact with all members regularly. Members can join and also invite friends to Join the DMMGC FaceBook Page using the link below or inviting through your Facebook account or using the QR CODE.:

<https://www.facebook.com/groups/delmarmesagardenclub/>

DMMGC's Instagram Page: The club instagram page has 539 followers. We invite members to post photos of Gardening adventures with nature. Photos from DMMGC instagram page.

MEMBER CONTRIBUTIONS: Homegrown home dried

wreath: Katherine Koehler This incredible wreath is made by member Katherine Koehler with all home grown flowers! She has shared the flower details for all who wish to order these seeds and grow their own wreaths! This will be showcased at the January 4th meeting tomorrow for members to see. Lots of my seeds come from Botanical Interests: 1. Bunny tail grass (I dyed them blue) 2. Utrecht Blue Wheat 3. Lion's tail 4. Nigella seed pod aka Love-In-A-Mist 5. Quaker grass 6. White yarrow 7. Blue salvia 8. Lavender 9. Coreopsis 10. Poppy seed pod 11. Chamomile 12. Mexican sage 13. The straw wreath was from Michael's --> \$4. She's growing all of these again this year so may have some to share. Recommended [Flower Drying Rack](#): . She hangs in her garage year-round.





Homegrown fungi fun: Shital Parikh Pink Oyster, Shiitake and Maitake mushrooms, lion's mane and many more.



Bougainvillea tea

Bougainvillea tea (or Té de Bugambilia) is a comforting and delicious drink. It's a great way to calm a nasty cough and soothe a sore throat.

Prep Time
2 mins

Cook Time
12 mins

Total Time
14 mins

Course: Drink Cuisine: Mexican Servings: 1 cup
Calories: 16kcal Author: Maggie Unzueta

Ingredients

- 6 bougainvillea leaves (no stems)
- 1 cup water

Instructions

1. Add water to a stock pot.
2. Bring water to a boil.
3. In the meantime, rinse the leaves.
4. Add the leaves to the boiling water.
5. Turn heat off.
6. Steep for 10 minutes.
7. Serve with honey and enjoy.

Traditional Onion Cough Syrup &

Bougainvillea Tea: Maggy Dujowich

These two home remedies for cough have been used in Mexico and in Maggy's family. Since there is a cough going around right



now, it's worth trying out to make the simple but effective onion, garlic, ginger cough syrup that her family has used for generations effectively! We will

be serving Maggy's both recipes at the February meeting for members to try!

Vegetable beds are blooming from the recent showers of blessings:

Sari was vacationing in New Zealand for 3 weeks and was certain she would come to a bed full of dead plants. She was pleasantly surprised by this gift from the Bomb Cyclone that awaited her!



Message from the Outgoing Chair: Terri Senroy

"I hope you all had a wonderful end of year 2022 and welcomed in 2023! Let's make 2023 better than 2022!"

When I started the idea of a community club sharing gardening information, I did not dream it would have turned out as great as it has. We have had a busy start to the third year of the club and my hope is that it continues to move in the same direction. Unfortunately, it will have to go forward without me in the Chairperson position. Personally, my job has gotten more and more time consuming as the months pass. Chelsea and I have become very busy helping manage my husband's company and as the company grows, it is getting hard to also manage the club business. As a result, I am stepping down as Chair and Chelsea is stepping down as Treasurer of the club because we feel we are unable to give what the club needs."

Do not lose heart. Terri Senroy, will continue as coordinator of the community outreach project at Senior Living. Installing a Therapeutic Garden. Terri has procured a \$5000/- donation towards this project!

Chelsey Senroy will continue to support as Sign Up Genius coordinator. We will see them at events and meetings. Shital Parikh, will serve as interim chairperson, as she presides over Friends of Del Mar Mesa, the umbrella organization. Gary Levitt, Treasurer of Friends of Del Mar Mesa will manage the accounting of the garden club as a program of the organization. We are very grateful to Terri for organizing the club documents and Chelsea for documenting the club accounts and helping us navigate towards future success.

Club Financials Jan 2023: Gary Levitt

We are most grateful for Garden Club monetary donations received so far:

01/10/23

Friends of Del Mar Mesa
Profit & Loss by Class
January 1 - 10, 2023

	Garden Club	TOTAL
Ordinary Income/Expense		
Income		
Program Income		
Membership Dues	5,025.00	5,025.00
Total Program Income	<u>5,025.00</u>	<u>5,025.00</u>
Total Income	<u>5,025.00</u>	<u>5,025.00</u>
Gross Profit	5,025.00	5,025.00
Expense		
Contract Services		
Bank Fees	100.98	100.98
Total Contract Services	<u>100.98</u>	<u>100.98</u>
Operations		
Supplies	828.78	828.78
Total Operations	<u>828.78</u>	<u>828.78</u>
Other Types of Expenses		
Insurance - Liability, D and O	43.75	43.75
Total Other Types of Expenses	<u>43.75</u>	<u>43.75</u>
Total Expense	<u>973.51</u>	<u>973.51</u>
Net Ordinary Income	<u>4,051.49</u>	<u>4,051.49</u>
Net Income	<u>4,051.49</u>	<u>4,051.49</u>

\$500: Patricia Tishler

\$ 1000: Mary Balo

\$2,500: In the first year

\$ 5000: RegDev Inc. Corporate project sponsor

(P.S. Donations, I don't think are reflected in this statement, we will add it in Feb... Shital)

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[GOLDEN GARDENS eNEWS January 2023 newsletter](#) from National California Garden Clubs Inc.

