

**IN FEBRUARY NEWSLETTER**

- Monthly Meeting Update
- Habitat Restoration Site Update
- Community Outreach
- Member Exclusive Discounts
- June Year end potluck & summer plant giveaway.
- Membership News & Renewal
- Monthly Meetings & Events
- February Garden Activities
- Passion Fruit Mousse Recipe

**January Monthly Meeting Update**

Fantastic start to the year with 17 of our 38 members attending the meeting! Enjoyed sharing gardening resolutions and the pine cone bird feeder activity. Gratitude to Michelle for the passion fruit mousse and pulp tasting, Shital for lemons, guava, peas starts and more, and



Saritha for the vegan cookies. Kudos to Cathy Hays for signing up and everyone for helping with clean up. Jennifer for securing the library, and all for their support. Don't

miss Michelle's Passion Fruit Mousse recipe at the end of the newsletter.

**Pet Memorial Post Installed on Habitat Restoration Site1:**



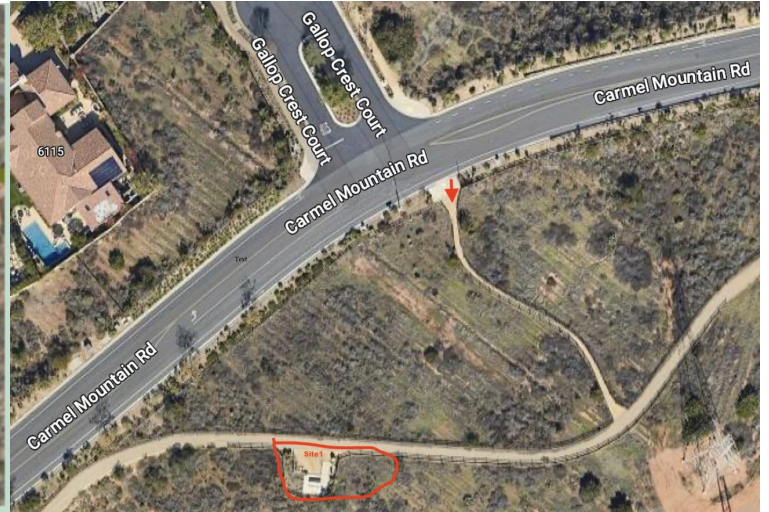
The habitat restoration Site 1, adds greater inclusivity for all creatures great and small by installing a Community Pet Memorial Post, a heartfelt space for honoring our beloved pets. Located by the picnic bench area along the trail along Carmel Mountain Road, just across from the Gallop Crest Court gate, this memorial post is nestled in the beauty of our native pollinator habitat



restoration project. Driving directions: Park: Timberbrook lane to Gablewood Way. Walk North 0.3 mile to site

This dedicated spot is open to all community members wishing to commemorate their cherished furry friends. You are warmly invited to glue/screw attach your pet's tag to the memorial post, joining a communal tribute to the love and companionship our pets bring to our lives.

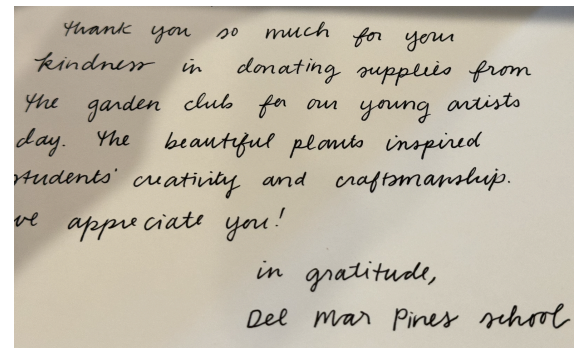
We extend a big thank you to Canyon Crest Academy student coordinator Zac Swazey from Teen Volunteers in Action and Ryan Shah, Eagle Scout and resident of Alta Del Mar for their invaluable help in installing the post. Their contribution has been instrumental in bringing this project to fruition. Friends of Del Mar Mesa.



## Bringing Nature into classrooms



Member and parent Rachna Agarwalla, has been spreading joy through nature with students of Del Mar Pines School through an engaging succulent workshop for the past two years. Agrawalla, who mastered the craft at one of our club workshops, exemplifies the spirit of community service by sharing this knowledge with eager young minds. Each year, the club supports this wonderful initiative by contributing succulents to this project.. It's Agrawalla's dedication and enthusiasm,



however, that truly brings the joy of nature craft to life for the students.



## Belden Community Project Update

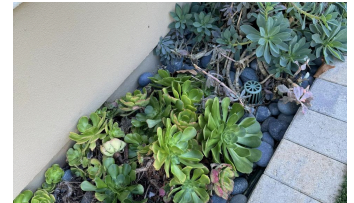
All 9 beds are planted. DMMGC members will do a Spring workshop at Belden in Spring or May. Date TBA. Seniors are engaged and excited about the garden .

## Barbara Summer Secures Exclusive Moon Valley Nursery Discounts for Club Members

Thank you, Barbara Summer, for your fantastic efforts in securing an official discount for our club members at Moon Valley Nursery! Your dedication has led to a 10% discount on all plants and a whopping 50% off on Moon Valley Nursery products. We're incredibly grateful for your contribution. Go Barbara! PS: Kayla is a contact that is familiar with the discount policy for our club.



**Yu Linda Song has Succulents to Share:** Email: [yulindason@gmail.com](mailto:yulindason@gmail.com) to pick up. Until supplies last.



**February Bouquet:** Thank you to Shital Parikh for the arrangement. **SIGN UP** to bring home grown flowers or a potted plant for display at the library desk and attend the monthly meeting.. The vase/ potted plant is returned at the end of the month.



**Free Gift with Membership:** A gift choice of root veg grow bag and garden club tote. As long as supplies last.

## Perfect Gift For Garden Enthusiasts: Customized GIFT CARD

It's not just a present, it's a promise of delightful moments throughout the year for and with your loved ones. Membership has never been so thoughtful and convenient.





**Join or Renew Your Membership**

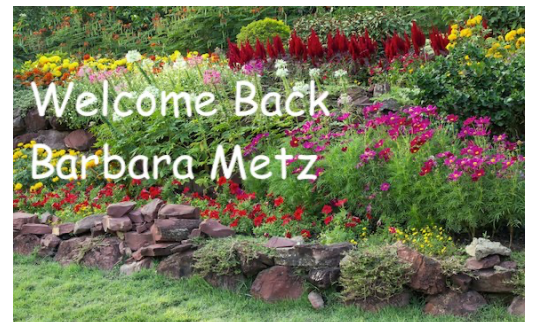


**Renew Membership at \$30/year**

WELCOME NEW AND RETURNING MEMBERS



We have 40 members so far. A BIG THANK YOU!



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**2024 Monthly Meetings & Events**  
Save the date: (Yulinda Song & Phillipa Farrer)

**Wednesday February 7th 11am @ Carmel Valley Library**

**Topic: Native Plants & Wildlife [SIGN UP](#)**

How planting natives can help entire ecosystems.

**Guest Speaker:** Speaker from San Diego Audubon Society





**Monday February 19, 9:00 am** - District Winter Membership Mtg

Location: Templars Hall in Old Poway Park, 14134 Midland Rd, Poway, CA 92064

**Speaker:** Greg & Robin Pokorski: Talk on 4 NCG Schools: Environmental, Gardening, Landscape Design & Flower Show.

Cost: \$20 [Registration required by Feb 12.](#)



**Wednesday March 6th 11am** @ Carmel Valley Library

**Topic:** Happy Houseplants [SIGN UP](#)

**Guest Speaker:** Linda Stewart, Master Gardener



**Saturday, March 16 10:30am** @ Poway Gardens with Farmer Roy

We will tour the facility where Farmer Roy works with seniors to grow healthy and nutritious food.

**Location:** 12695 Monte Vista Rd, Poway, CA 92064-2523, United States

**Special Instructions:** Go to the end of Monte Vista Rd and park at our food gardens on the right. We'll start there, then go up to our greenhouse.



[Sign Up](https://www.signupgenius.com/go/20F0C44A9AF2BA75-47690106-member) <https://www.signupgenius.com/go/20F0C44A9AF2BA75-47690106-member>

**Wednesday April 3rd 11am** @ Carmel Valley Library

**Topic:** Backyard Birdwatching [SIGN UP](#)

**Guest Speaker:** Ernie Cowan, Photographer, Writer, Former Mayor of Escondido, and Bird Enthusiast



**Sunday, Apr 28th 2-4pm** @ Private Garden in University City

Garden Tour of a newly landscaped and rebuilt sloped yard. This private home is off Genesee and as a result of downed trees during year's storm had to rebuild. It has a lovely and lush entertainment level, newly built steps along the slope that reaches to a small fruit orchard. The homeowner's landscape designer also saves heirloom seeds that she wants to pass on to gardeners who will use and continue to collect seeds and pass along. This will be a members only event, address will be disclosed the weekend before the event.



**Wednesday May 1st 11am** @ Carmel Valley Library

**Topic:** Tips for Improving (or Starting) Your Rose Garden [SIGN UP](#)

**Guest Speaker:** Beth Van Boxtel from the San Diego Rose Society is San Diego native, a certified Consulting Rosarian, and a UCCE Master Gardener

**Wednesday June 5th 2024**, Summer Garden Party

**Location:** TBD



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## Member Recommendations and Questions

**Nurseries:** Yu Linda stopped by two plant nurseries today. Weideners and Cosgrove Cybidium (recommended by fellow member [Rashmi Urvai](#)). Smaller selection but great prices at Cosgrove.

**Raised beds:** Vego Garden Beds, being considered by Cathy McCaw. Vego also sells, bed covers from vego are easy to install. Another Essential pet prevention tool prior to install: Add ¼ in hardware cloth under the bed prior to install coming out of the bed 6-12 inch on each side to prevent gophers and critters from coming from underground. .



**Agave Question** from Christina Katz: My plant hasn't done this in 9 years. Philippa thought it might bloom flower/seeds than dies. Do you know? If we cut it now, will it save it?

Answer: There are over 250 agave species and most flower towards the end of their life and then die."

What this means is that your beautiful agave is giving its final bloom. The bloom may last for a few months and look really pretty but it's a sign it will die. The death is natural and a normal process in agave. Hopefully you have babies that u can plant in the spot to keep the look. You have done nothing wrong. Just the circle 🕒 of agave life 😊

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## February Garden To-Do List

**Rose Pruning: Dec-Feb:** Time is running out to prune roses to ensure healthy blooms in Spring. Please [review this link](#), it's a very short & easy to follow explanation on page one with a diagram.

**Fertilize & add soil amendments** to the garden and vegetable beds before new planting. Always water after. Good to do it before rain, to save water. Do not fertilize citrus or avocados yet. At the end of the month, fertilize deciduous fruit trees.

**Time to Transplant** most trees, perennials, spring-blooming bulbs, and summer flower annuals this month. Plant so that the center of the plant is an inch above the soil level, and use a three-inch layer of mulch. Keep mulch a few inches away from tree trunks and the base of roses and other woody shrubs.

**Pruning:** Pruning can still be done on berries, grapes, deciduous fruit trees, and roses. Do not prune camellias, forsythia, Eastern lilac, California lilac, California native sage, coyote mint, penstemon, quince, and other spring-flowering shrubs or trees until



they finish blooming. If you have plants that show signs of frost damage, wait until it's warmer to prune the brown stuff off to protect the crown and roots. After pruning fruit trees, apply a dormant spray before the buds swell but when the air temperatures are at least 45 degrees Fahrenheit. Products containing copper are used to control some diseases, like peach leaf curl. Products containing oil kill insects and their eggs that overwinter in the cracks and crevices of the tree. Choose a calm day with no imminent rain in the forecast and follow the directions on the container exactly. If you haven't had any pest issues, you don't need to spray. This is also a good month to prune ornamental grasses and groundcovers like lantana, CA fuchsia, and verbena.

**February Pests:** Earwigs and mollusks become active this month. Opaque bottles placed sideways in the garden bed, small tins with oil or stale beer, or rolled newspapers or cardboard tubes can all be traps. Check them each morning and drop insects in a bucket of soapy water. If you use plant-based soap, you can pour it into the compost bin and repeat it. It's very effective. The chemical control for slugs and snails is iron phosphate, which is not toxic to pets, beneficial insects, and people. As always, follow the package instructions.

**Camelia:** Pick up fallen camellia blossoms and discard them to prevent flower bud infection, which leaves ugly brown blotches on the blossoms.

**WEEDS:** Weeds give us an ever-ready garden therapy opportunity. Try to remove weeds before they set seeds. If you have a limited time, go for the worst invasives like non-native thistle and mallow and escaped ornamentals like large leaf vinca.

**Vegetables & Flowers:** It's time to plant asparagus, chives, cilantro, leek, green onion, parsley, potatoes, English peas, radish, spinach, kale, and strawberry. You can also transplant cauliflower, cabbage, broccoli, Brussels sprouts, and beet seedlings. You still have time to start from seed: onions (for setting out in April), tomato, peppers, basil, eggplant, and tomatillo. Set out dahlia, gladiolus, lily and canna. Sow California poppy and other wildflower seeds if you can keep the area weed-free and water for a few months.

**Time to Seed Start in trays** for spring planting: [Method to grow from seed](#), link shared by member Margareta Gallanter. Suggestion for specific varieties by Master Gardener Vince Lazaneo's Garden Picks

**Jetsetter Hybrid Tomato** VFFNTA, 64 days

Produces a heavy crop of 8 oz fruit on vigorous indeterminate plants. Seeds available from Totally Tomatoes and Tomato Growers Supply Co.

**Musica Broad Bean** Produces a heavy crop of 8" long flat pods over a long season. Stores well in the refrigerator. Best tasting bean cooked. Provide 6' poles for support. Seed available from Renee's Garden (Spanish Musica and early Spanish Musica) and Territorial Seed Company.

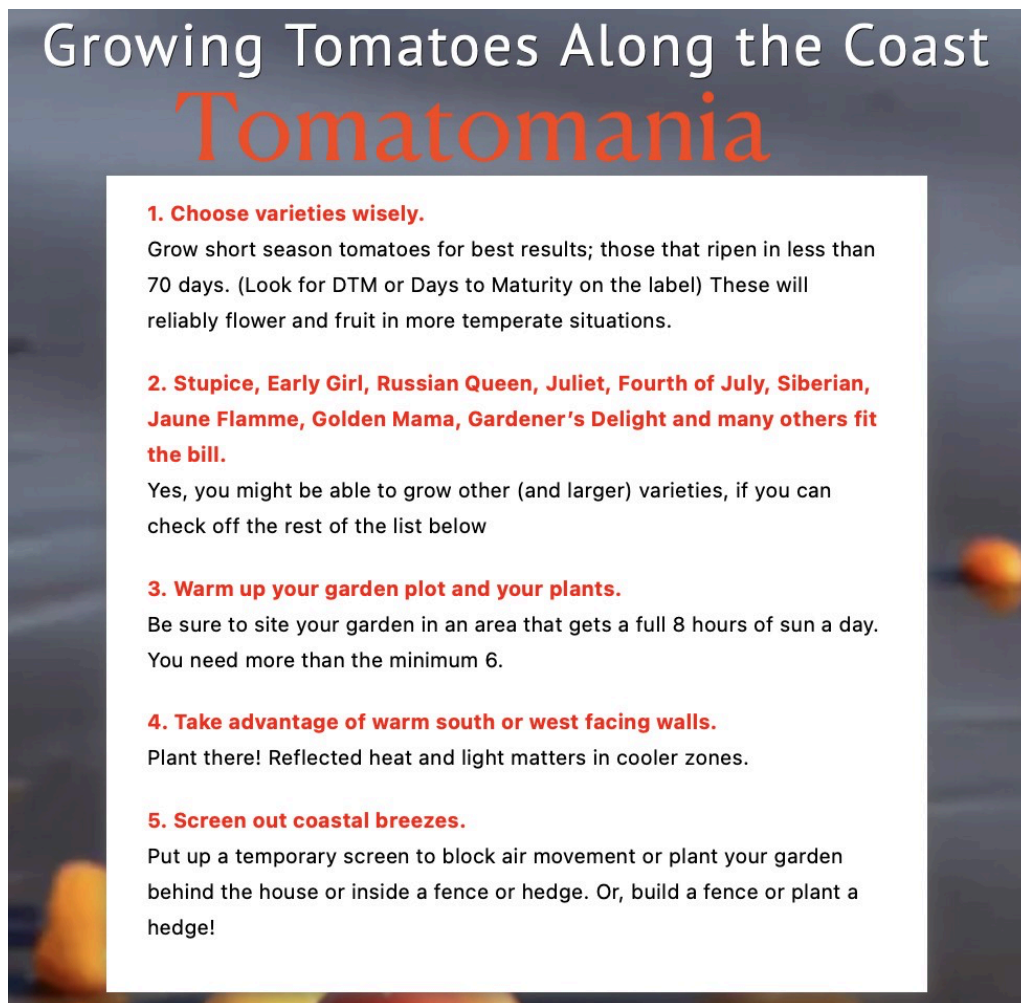


**Albion Strawberry** Hybrid day neutral UC variety. Produces fruit from late spring through fall. Firm, large fruit with good flavor. Plant in a half barrel filled with well drained potting mix. Space 8 plants next to the outside edge so ripening fruit can hang over the edge and not lay on moist soil. Mix single superphosphate (0-20-0) into soil before planting and some slow release fertilizer (like Osmocote+). Reapply periodically during the growing season. Pinch off blossoms and runners from new plants until they have a good canopy of leaves. Plant in fall for harvest starting in late spring.

**Imperial Star Artichoke** Sow seeds in 1 gal pots in August and transplant to the garden in November/ December. Plant 3'-5' apart. Apply a soluble nitrogen fertilizer (ammonium sulfate) monthly until flower stalk develops. Harvest late spring - early summer. Foliage spreads to 4' - 5' diameter.

**Japanese Turnip** Delicious, crisp, sweet juicy flesh. Sow seeds mid fall through spring. Thin seedlings to 3" apart, and feed with soluble nitrogen fertilizer every 3-4 weeks. Harvest at 2" diameter. Stores well in the refrigerator. Seeds available as 'Mikado' Baby Japanese Turnip from Renee's Garden, Hakurei from Kitazawa Seed, or White Lady Hybrid from Park Seed. Some retail nurseries sell plants in 6 packs or bare root if you can find them.

**Tomatoes grow in summer:** Time to start summer seedling.



## Growing Tomatoes Along the Coast

# Tomatomania

- 1. Choose varieties wisely.**

Grow short season tomatoes for best results; those that ripen in less than 70 days. (Look for DTM or Days to Maturity on the label) These will reliably flower and fruit in more temperate situations.
- 2. Stupice, Early Girl, Russian Queen, Juliet, Fourth of July, Siberian, Jaune Flamme, Golden Mama, Gardener's Delight and many others fit the bill.**

Yes, you might be able to grow other (and larger) varieties, if you can check off the rest of the list below
- 3. Warm up your garden plot and your plants.**

Be sure to site your garden in an area that gets a full 8 hours of sun a day. You need more than the minimum 6.
- 4. Take advantage of warm south or west facing walls.**

Plant there! Reflected heat and light matters in cooler zones.
- 5. Screen out coastal breezes.**

Put up a temporary screen to block air movement or plant your garden behind the house or inside a fence or hedge. Or, build a fence or plant a hedge!

Yum!

# Passion Fruit Mousse

This creamy, tart Brazilian Passion Fruit Mousse is an incredibly delicious, make-ahead dessert. It's a classic Brazilian dessert that's made with just three ingredients! This easy mousse recipe is light and fluffy, simple to make and also wonderfully balanced. Double the recipe for a celebration!



Prep Time  
5 mins

★★★★★  
5 from 82 votes

Setting Time  
8 hrs

Course: Dessert Cuisine: Brazilian

Keyword: brazilian dessert, date night, fruits, make ahead Servings: 6 Servings

Calories: 30kcal Author: aline\_shaw

## Ingredients

12oz  
12oz  
10oz  
crushed

- 1 14oz can of sweet condensed milk
- 17.6oz can of table cream "drained" / Sem soro (see instructions in post) *(use 2.c. heavy cream)*
- 3/4 cup of passion fruit from concentrate seedless *↑ 1.5c.*
- 2 small passion fruits for garnishing optional

## Instructions

1. Add all the ingredients to a blender, and blend for 6 to 8 minutes. *→ run "smoothie" cycle on -OR- use hand mixer to whip cream 1st, fold in condensed milk, add PF juice, then whip again. vitamix 2x*
2. Pour into containers and refrigerate overnight.

**For Garnishing (Optional)** — *top w/ powdered granate seeds alternatively*

1. Slice open the passion fruits and scoop the pulp, seeds and all, on top of the passion fruit mousse to decorate.

**Bom Appetite!!**

**Notes** *N/A, unless you're using "table cream"*

*\*The best way to drain the cream is to place the can in the freezer for 10-15 minutes to help firm up the cream. Then, carefully scoop the fatty top into the blender. You can also insert a butter knife all the way through the fatty top and drain the liquid by pouring it into a separate container. Discard the liquid because we don't need that for the mousse.*

