

# A Garden Runs Through It

University of California  
Agriculture and Natural Resources

UCCE Master Gardener Program



Colusa County

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

April 2018

Cooperative Extension,  
Colusa County  
  
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- **Garden Guide**
- **Safety Notes**
- **Meet Your Master Gardener**

## Upcoming events

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



### April

Plant Clinic @ Griff's Feed and Seed  
Saturday April 7, 10-2 pm  
7th and Sioc, Colusa

Monarch Butterfly/Milkweed workshop  
Saturday April 14, 10 –noon  
Colusa Wildlife Refuge

Colusa County Family Fair  
Egling Middle School, Colusa  
Saturday April 21, 10-2 pm

**May**  
Native Bee workshop  
May 12, 10 –noon  
100 Sunrise Blvd., Colusa  
Mark your calendar, details to come.

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





# MG Event



## Plant Clinic & Griff's Re-Grand Opening



### What

- Do you have gardening questions?
- What weed is this?
- What insect is this?
- What are some good water wise plants?

### When

Saturday April 7  
10am to 2pm

### Where

Griff's Feed and Seed  
851 7th St  
Colusa



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## Book of the Month

### ***100 Flowers and How They Got Their Names***

As someone interested in flowers and in words, when I spotted a book titled *100 Flowers and how they go their names*, I had to take a look. This is an older book (1997) by garden writer and historian, Diana Wells.

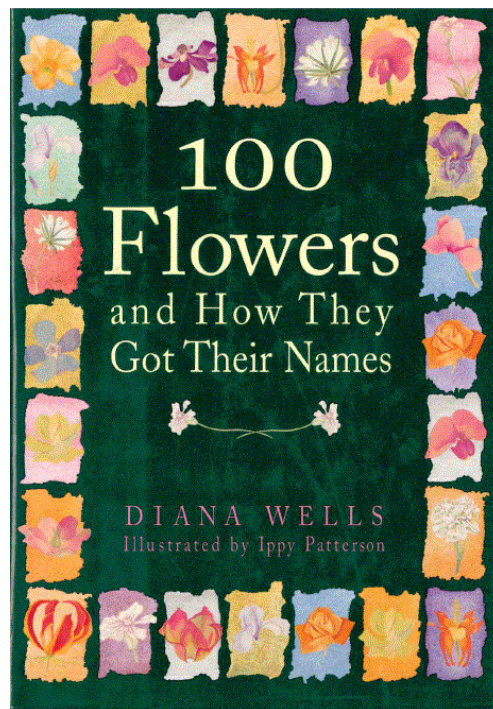
According to Wells, from abelia to zinnia, every flower tells a story. She delves into horticultural history, etymology, and lore to uncover myths, legends, folk beliefs and stories of botanists who searched the world for new and unusual flowers.

Did you know that the name candytuft has nothing to do with candy but actually comes from Candia, or Crete, from where it was imported to England in Elizabethan times?

The common name for hollyhock comes from the word holy. It may have been considered holy because it was brought to Britain by the Crusaders. It is hard to know for certain the origin of the name because it is such an ancient plant. Herbs found in the fifty-thousand-year-old grave of a Neanderthal man included the remains of hollyhock.

The name nasturtium comes from the Latin *nasus*, nose and *tortus*, twisted, because their pungent smell makes the nose wrinkle or twist.

Wells explores in two to four pages the history of each of these plants and ninety-seven others. There are drawings of each flower by illustrator, Ippy Patterson.



Submitted by Peggy Townzen

UCCE Master Gardener Program of Colusa County &  
Sacramento National Wildlife Refuge Complex

# Monarch Butterfly & Milkweed



## What

Don't miss it!  
Learn about Monarch  
Butterflies and why milkweed is  
important.

Fee: \$5, [click here to pay](#) or in  
the office or [cecolusa.ucanr.edu](http://cecolusa.ucanr.edu)

## When

Saturday April 14  
10am to noon

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You can pay at the event but we  
prefer if you pre-pay.

## Where

Colusa National Wildlife Refuge

Located on Hwy 20 between  
Williams and Colusa



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## Ornamental Plant of the Month

### Grow this “Orchid” outdoors

Several years ago my sister had a beautiful orchid like plant growing in her yard. She gave me a piece of it to transplant and I was completely pleased and surprised to see how it grew and prospered!! These are the favorite words of a sharing gardener. I found out the plant is indeed called the Chinese Butterfly Orchid but most correctly it is *bletilla striata* or *ochracea*. The *striata* is purple and the *ochracea* is creamy yellow.

The flowers on the *bletilla* will bloom from spring through late summer. It wants to be planted in some protected sunlight or bright shade. Once it is established it only needs water once a week or even every other week. I do like those plants that can go a full week without water. Make certain your soil drains well to prevent rotting.

The *bletilla* is a hardy deciduous perennial and forms a clump that is about 2 feet wide and tall, with pleated bright green leaves and creamy yellow jewel-toned flowers that give a low water garden an almost tropical look. My *bletilla* gets more sun than it likes so the blooms don't last as long as one would in less sun. On a northern exposure it could bloom through September. The foliage complete dies down in the winter but bounces back quickly in the spring, asking you to trim off last years browned growth.

I call my *bletilla* Dorothy, my lovely sister who died two years ago. When I saw the green shoots coming back a couple of weeks ago my heart smiled, and my sharing sister was alive again.

Try *bletilla* in a shaded bright part of your garden and then find someone who is really special to you and share a piece when it gets well established. They are fairly rustic orchids and will take temperatures below zero degrees. They do attract the snails in the early spring so be ready to protect from those critters. A light application of potassium-rich manure during April to July will encourage the proper development of the pseudo-bulbs in summer.



Submitted by Cynthia White



# Colusa County Family Fair

UCCE Master Gardener Program Colusa County

**When: Saturday April 21**

**10am to 2pm**

**Where: Egling Middle School**

**Colusa**



- **Bring the kids or grandkids!**
- **Kids get to make “chia” heads.**
- **Have a gardening question?**
  - **What is this weed?**
  - **What is this insect?**
  - **What are some good water-wise plants?**
  - **How do I water my trees?**



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## Edible Plant of the Month

### LANDSCAPING WITH EDIBLES

If you usually plant your tomatoes in the vegetable garden, think about planting them in your flower gardens instead. This can promote better plants, as tomatoes need to be rotated into different locations anyway. Also it will minimize disease as it will separate the plants from one another so any disease will not be less able to jump from one plant to the next. You can also scatter your basil though out the beds, too, as the keep tomato worms at bay. Pick vegetables for their bold colors, too, and plant them though out the flower beds. Swiss chard, for example, comes in a rainbow of colors or yellow bell peppers. Pole beans are great on an arbor or trellis as they have decorative heart shaped leaves. Strawberries make an excellent edging plant as well as a good ground cover. Plant them in long rows, one or two plants deep, along the edges of flower beds and borders. Not only do they have pretty white flowers, but then they have red fruit that is yummy. They then have russet leaves in the fall.

If you don't have room for full-size fruit trees, check out the new miniatures and dwarfs now available. Some grow just 4 or 5 feet tall and are perfect for growing in large pots or whiskey barrels. A sample type apple is Dwarf Starkspur golden delicious apple, grows 8 - 10 feet tall, and is self pollinating. Unlike tip-bearing apple trees, this tree's spur-type nature allows fruit to form along each limb — bearing from the trunk out. This means more of your favorite Golden apples from one tree. Beware, it may crop heavily, so thin fruit to avoid biennial bearing and fruit drop. Harvest a bounty of crisp, juicy apples with delectable sweetness and a hint of spice. You can grow a dwarf Hosui Asian Pear, that self pollinates, too. Snappy, tangy taste. Produces excellent-quality fruit with a slightly higher acid content than other Asian pears. The tree is moderately vigorous with a slightly spreading nature. Fruit is sweet like a pear and crisp like an apple with lots of juice. Medium to large size fruit has an attractive golden-russet skin. Best for fresh -eating but also makes great pies! Introduced from Japan in the 1970s. It ripens in late August. Then there are dwarf citrus trees such as:

- Lemons -- 'Improved Meyer', 'Dwarf Lisbon'
- Limes -- 'Dwarf Bearss Seedless'
- Oranges -- 'Dwarf Campbell Valencia', Dwarf Washington Navel'
- Mandarin Oranges -- 'Clementine', 'Satsuma', 'Dwarf Tango'
- Blood Orange -- 'Moro' (semi-dwarf), 'Smith Red'
- Grapefruit -- 'Dwarf Redblush'

Dwarf fruit trees are available in most varieties. If you grow them in pots you can obtain much smaller trees if you would like, or you can train the trees to espalier.

Grapevines are beautiful plants. Try growing two of them up over an arbor. When you're not harvesting grapes, you can use the leaves, either green or tinged by autumn color, to decoratively line plates and platters. You can then top with salads or cheeses. Try growing short vining-type vegetables up trellises along the back of a flower border. Melons, cucumbers, and zucchini can all be trained to grow vertically; this means fewer fungal disease problems.

Be innovative and grow different plants and trees in your landscaping.

**See next page for pictures!**



Starkspur apple



Housi Asian pear



Cara Cara orange



Grapes on an arbor

### Examples of vertical gardening



Flower bed  
with  
vegetables





## Recipe of the Month

### Herb Stuffed Leg of Lamb with Mint Gremolata

*Herb Stuffed leg of lamb with Mint Gremolata by Sylvia Fountaine- feasting at home blog April-12-2014*

- **Author:** Sylvia Fountaine | Feasting at Home Blog
- **Prep Time:** 20 mins
- **Cook Time:** 80 mins
- **Total Time:** 1 hour 40 mins

**Yield:** 4-6

#### Ingredients

- 3.5- 5 lb leg of lamb -boneless, butterflied
  - ½-¾ teaspoon kosher salt
  - cracked pepper
- 
- 1 C herbs (a mix of 2 or 3 of the following) thyme, sage, rosemary
  - 1 C Italian parsley ( about a ½ a bunch) tender stems ok
  - 10 cloves garlic
  - 1 T lemon zest
  - ½ tsp salt
  - 5 T olive oil
- 

#### Mint Gremolita

- ¼ C olive oil
  - ⅓ C finely chopped mint leaves
  - ⅓ C finely chopped italian parsley
  - 1 T lemon juice
  - 1 T lemon zest
  - 1 T chopped capers
  - 1 finely minced garlic clove
  - 2 T finely chopped onion or shallot
  - salt if necessary
- 

#### Roasting veggies

- 6-8 Cups chopped – potatoes, carrots, celery, root vegetables, onion, garlic cloves
- olive oil
- Salt & Pepper

**See the next page for instructions.**



## Instructions

1. Pre-heat, 425 F Oven
2. Remove lamb from packaging and pat dry well. Trim away any unwanted fat. A little marbled fat is good, big chunks are not. It's ok to also remove some or all of the outer layer of fat if that doesn't appeal to you. Sprinkle all sides with  $\frac{1}{2}$ - $\frac{3}{4}$  teaspoon salt and pepper. Place outer side (side with fat) down.
3. Make the herb paste: Place all the herbs, garlic, salt and pepper and lemon zest in a food processor and pulse until it becomes like very coarse sand. Add oil, scraping down the sides if necessary, pulse until just combined -not too smooth or oily- this should feel like a dry course paste. Spread  $\frac{2}{3}$  of the paste on the inside of the lamb.
4. Roll up the lamb, with the paste on the inside and tie at one inch intervals. You can either do individual strings and knots or wrap up with one very long string. It really doesn't need to be perfect, just do the best you can. Rub the remaining paste all over the outside of the lamb. If leaving the outer layer of fat on, score the fat a little with a knife and rub the paste into the slits. (At this point you can refrigerate for 1-2 days if making ahead, wrapping tightly in plastic wrap. Make sure to bring to room temp at least 1 hour before roasting.) You can either 1—roast alone on a wire rack, over a pan, 2—roast directly on your oven rack, with a sheet pan on the rack below to catch the drippings, or 3—prepare a bed veggies for the lamb to rest on and roast over.
5. For the veggies, cut any combination of roasting vegetables into bite size pieces. Drizzle with 1 T olive oil, salt, pepper, a few springs of herbs, stir and lay the lamb roast over top.
6. Place in a hot 425 F oven for 15 minutes. Reduce heat to 325F. (If roasting directly on the oven rack, lower temp to 300 F.) Continue roasting for another 50 mins to 1.5 hours....or until lamb registers at least 125 F (rare) to 135 F, remembering that the size of the lamb will determine how long it takes to cook. What you don't want to do, is open the oven door too much, or fiddle with the heat too much. Remove the lamb from the baking dish, set aside, and let the veggies continue to cook, if needed, while the lamb rests 20 minutes.
6. While the lamb is roasting, make gremolata. Combine all the ingredients in a small bowl.
7. Slice the lamb and serve with roasted veggies & mint gremolita.





**Find it online:** <https://www.feastingathome.com/herb-crust-ed-leg-of-lamb-with-mint-gremolata/>

Submitted by Sherry Maltby

# Gardening Guide

## UC Master Gardener Program of Colusa County

Zones 8 and 9

	April	May	June
P L A N T I N G	<ul style="list-style-type: none"> <li>In a shady spot early in the month you can still plant pansies, violas, and primroses.</li> <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.</li> </ul>	<ul style="list-style-type: none"> <li>Direct seed in the garden cucumbers, melons, summer squash, beans, corn, and annual herbs.</li> <li>Plant sunflowers, zinnias, cosmos, marigolds and aster in the flower garden.</li> </ul>	<ul style="list-style-type: none"> <li>In a shady spot early in the month you can still plant pansies, violas, and primroses.</li> <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 as the weather warms up.)</li> </ul>
M A I N T E N A N C E	<ul style="list-style-type: none"> <li>Fertilize shrubs and trees once this spring.</li> <li>Watch azaleas and camellias for yellowing between the veins in the leaves. If the leaf is yellowish, apply chelated iron to the plants.</li> <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> </ul>	<ul style="list-style-type: none"> <li>Fertilize summer blooming flowers early in the month.</li> <li>Apply (or re-apply as needed) organic mulch to all beds to keep the soil cool and enrich the soil. Be sure to leave space around the base of the plants.</li> <li>Deadhead (cut off spent flowers) to get continuing bloom on annuals and perennials.</li> <li>Thin peaches, plums and nectarines so there is 6" between fruits.</li> </ul>	<ul style="list-style-type: none"> <li>Fertilize shrubs and trees once this spring.</li> <li>Watch azaleas and camellias for yellowing between the veins in the leaves. If the leaf is yellowish, apply chelated iron to the plants.</li> <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> </ul>
P R E V E N T I O N	<ul style="list-style-type: none"> <li>Apply organic mulch to all beds to keep the soil cool and enrich the soil.</li> </ul>   	<ul style="list-style-type: none"> <li>Continue the battle against slugs and snails.</li> </ul>	<ul style="list-style-type: none"> <li>Apply organic mulch to all beds to keep the soil cool and enrich the soil.</li> </ul>   

# UC Master Gardener Program of Colusa County

## Upcoming events

- Plant Clinic
  - April 7, 10 to 2pm, Griff's Feed and Seed, Colusa
- Monarch Butterfly/Milkweed workshop
  - April 14, 10 to noon, Colusa National Wildlife Refuge
  - \$5 fee
- Colusa County Family Fair
  - April 21, 10 to 2pm, Egling Middle School
- Native Bee workshop
  - May 12, 10 to noon, 100 Sunrise Blvd, Colusa
  - Fee TBD
- Colusa County Fair
  - June 7-10, Etchepare Hall, Colusa County Fairgrounds
- Gourd workshop
  - TBD, Fee TBD

Watch for details in our newsletter, Facebook or website!



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## Meet your Master Gardeners!



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

**Bacteria**—Microscopic, one-celled organisms that lack chlorophyll and may be parasites on plants or animals, causing disease; most are beneficial agents of fermentation and decay of organic matter.

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!*

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# MASTER GARDENER PROGRAM

## THINKING SAFE AND GREEN



**AGRICULTURE AND NATURAL RESOURCES  
ENVIRONMENTAL HEALTH AND SAFETY**

**#6**

## **ROTOTILLER SAFETY**

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



Data available from the Consumer Product Safety Commission indicate a total of about 2,000 people were treated in hospitals for rototiller injuries during 2006. Many of these injuries were lacerations to lower legs and hands followed by hand burns, back strains, and contusions to hands, knees, and wrists. The following safety note discusses walk-behind rototillers.

### **Pre-Use Activities**

- Thoroughly review and understand information provided in the rototiller operator's manual with particular attention given to descriptions of safety procedures.
- Before using, always inspect the rototiller for damage or disrepair and make sure all shields and guards are securely in place. In addition, assure all belts are properly tightened and do not have excessive wear or damage.
- If a rototiller fails the pre-use inspection, remove the rototiller from service.

### **Operating Precautions**

- Always wear safety glasses or goggles when using a rototiller. In addition, hearing protection should also be used since engine noise from a rototiller is at about 90 decibels.
- Wear long pants and sturdy shoes (i.e., no sneakers or sandals) when using a rototiller. Do not wear loose clothing.
- Always start a rototiller outside. Do not operate a rototiller inside an enclosed space (i.e., sheds or garages) where carbon monoxide exhaust gas can accumulate.
- Prior to starting, inspect the area to be tilled for large rocks or foreign objects that could damage the rototiller.
- Do not till above underground utility lines.
- Shift rototiller into neutral and disengage clutch before starting.
- Always operate a rototiller in conditions of good visibility and adequate light.
- Keep hands and feet away from rotating equipment.
- Do not overload rototiller engine capacity by tilling too deep or fast.
- Never fuel the rototiller when the engine/muffler is hot. Use a rag to wipe up fuel spills.
- Shut off the rototiller engine and disconnect the spark plug wire before performing mechanical adjustments, maintenance, or repairs or clearing/unclogging the tines.
- Always shut off a rototiller before leaving it unattended.

## Garden Club of Colusa County activities

- Monday April 23, 6:30pm
- St. Stephens Church, Colusa
- Penny Walgenbach, Orchids

## 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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