

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...

October 2019

UC Cooperative Extension,
Colusa County

P.O. Box 180
100 Sunrise Blvd., Suite E
Colusa, CA 95932

530-458-0570
glhernandez@ucanr.edu

cecolusa.ucanr.edu

In This Issue

- **Book of the Month**— House Plants Again!
- **Ornamental Plant of the Month**— *Sedum sieboldii*
- **Edible Plant of the Month**— Horseradish
- **Recipe of the Month**— Chicken Pot Pie
- **Garden Guide**
- **Safety Notes**
- **Meet Your Master Gardener**

Upcoming events

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



October

Second Saturday at the Library
Saturday, October 12, 10 am to noon
Colusa County Library, Colusa
Mulching and feeding your garden

Pumpkin Centerpiece Workshop

Thursday, October 17, 6 to 8 pm
100 Sunrise Blvd., Colusa
CIP Conference Room
\$25, see flier for details

Garden Chat with the Master Gardeners

Tuesday, October 29, 1 to 2 pm
Arbuckle Library

Advice to Grow by ... Ask Us!



Pumpkin Centerpiece



MG Event

What

- We are going to make pumpkin centerpieces using succulents.
- Fee: \$25
- Deadline to pay, October 14. No tickets at door.
- [Click here to pay](#) or pay in our office or go to cecolusa.ucanr.edu
- Fee includes appetizers and refreshments.

When

Thursday,
October 17
6-8pm

Where

100 Sunrise Blvd.
Conference
Room Colusa



University of California

Agriculture and Natural Resources

UCCE Master Gardener Program



It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities (Complete nondiscrimination policy statement can be found at <http://ucanr.edu/sites/anrstaff/files/169224.pdf>) Inquiries regarding ANR's nondiscrimination policies may be directed to John I. Sims, Affirmative Action Contact, University of California, Davis, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1318.

Book of the Month

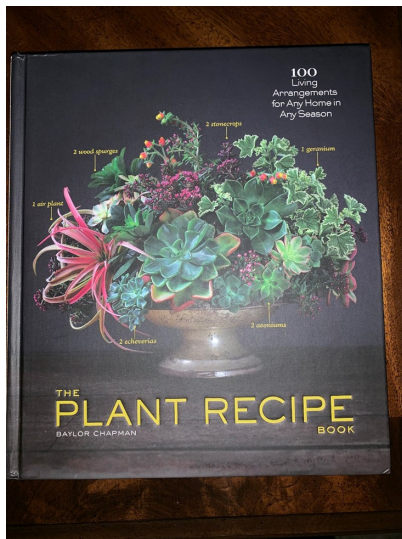
House Plants Again!

I recently cleaned out dying and underperforming houseplants from my collection. Soon after on NSPR's *Cultivating Place*, I heard Jennifer Jewell's interview with Baylor Chapman. Chapman is the founder of Lila B. Design, a San Francisco-based plant design studio, and she is the author of two books, *Decorating with Plants* and *The Plant Recipe Book*.

I was inspired to take a look at her two books for ideas on which plants to choose, how to make them thrive, and how to best display them. The books did not disappoint. *Decorating...* spells out the basics every houseplant lover needs to know. There are a go-to plant list and ideas for plants for every room with recommendations for a sunny windowsill, a dark corner or any light need in between.

The Plant Recipe Book is a step-by-step guide to creating stunning living plant combinations or centerpieces. For each one of the one hundred "recipes" Chapman specifies the type and quantity of plants needed with clear instructions detailing each step.

Both books are illustrated with gorgeous color photographs. Both feature easily found containers as well as some unusual ones. They are loaded with useful information, but also make beautiful coffee table books that anyone will enjoy browsing.



Submitted by Peggy Townsend



Second Saturday at the Library

Presented by

UCCE Master Gardener Program Colusa County

Colusa County Free Library

When: Second Saturday every month

10 am to noon

Where: Colusa County Free Library

Colusa



- **October 12 – Mulching-Feeding your Garden**
- **November 9 – Planting Spring Bulbs**
- **December 14 – Poinsettia Care**



University of California
Agriculture and Natural Resources

UCCE Master Gardener Program
Colusa County

Ornamental Plant of the Month

Sedum Sieboldii

Sometimes you need something easy to fill in an area but don't want to worry about how it will fit into the landscaping. This wonderful sedum will fill the bill.

This reliable ground cover with the tiny blue-green leaves is always a winner in the garden. Each leaf has a purple border. The best surprise is the hot-pink flowers that show up brightly in the fall. It is commonly called stonecrop.

The plant takes average, dry to medium moisture and well-drained soils. It thrives in sandy to gravelly soils of moderate to low fertility. It wants sharp soil drainage to perform well and it can rot if water sits on it for long periods of time.

The plant likes lots of sun but tolerates some light to part shade in our hot summer, but will produce weak floppy growth when grown in too much shade. Tolerates drought once established, but should receive watering when conditions are hot and dry. Give the plants about 12-18 inch spacing. A handful of all-purpose granular fertilizer sprinkled on the soil each spring is generally all that is needed to keep it looking healthy. If growing in rich soil, it should only be fertilized every other year. Dry granular fertilizers must be watered into the soil or the result could be burned leaves and stems.

Dried flower heads remain attractive in winter, whether left standing in the garden or brought indoors. Remove the debris from under and around your plants in the late fall, and continue to remove any debris as it accumulates. Small animals and bugs may make a home in accumulated debris during cold weather.

Mature plants may require staking. Stop watering and fertilizing in the fall, and do not do so during the winter, as well. Return to watering and fertilizing in the spring when new growth appears. Throughout the spring and summer, divisions and cuttings root readily.



Submitted by Cynthia White



GARDEN CHAT

Garden Chat with the UC Master Gardeners of Colusa County

Where: Arbuckle Library, Arbuckle, 610 King Street

When: Tuesdays, 1 – 2 pm

October 29

November 26

Calling all garden lovers! Garden Chat is a roundtable chat about gardening. It's a place to share your gardening stories, successes, challenges and learn from your neighbors. See what happens when you unplug, slow down, enjoy, and meet with fellow gardeners.



University of California
Agriculture and Natural Resources

UCCE Master Gardener Program
Colusa County

**This is a
roundtable chat
about gardening!**

**Share your
experiences.**

**This is a good
place to ask
questions.**

**Garden Chat is
open to the
public!**

**At the
Arbuckle Library**

**UC MASTER
GARDENER PROGRAM
OF COLUSA COUNTY**

100 Sunrise Blvd., Ste. E
Colusa, CA 95932

530-458-0570

cecolusa.ucanr.edu

glhernandez@ucanr.edu

Edible Plant of the Month

Horseradish

This large (to about 3 ft.), course, weedy-looking plant is cultivated for its large white roots, which are peeled, grated, and mixed with vinegar or cream to make a spicy condiment. It is native to southeastern Europe and temperate parts of Asia, but it grows nearly everywhere, performing best in cool regions. The root, which is at least the size of a large carrot, will put on most of its bulk in late summer and early fall. One plant should provide enough horseradish for a family of four.

Although horseradish is a herbaceous perennial, it's best to treat it like an annual and replant it every spring; perennialized roots become tough and stringy.

How To Grow It

Best site—A sunny, out of the way corner.

Soil—Grows best in deeply cultivated soil.

Planting—In late winter or early spring, set pencil-size root horizontally in a trench 3-4 in. deep and cover with 2 in. of soil

Spacing—For multiple plants, space them 2 1/2—3 feet apart.

Water—Even moisture keeps roots growing steadily.

Fertilizer—Top-dress with 5-10-10 fertilizer once in early summer.

Harvest—Through fall, winter, and spring, harvest pieces from the outside of the root clump as you need them—that way, your horseradish will always be fresh and tangy.

Challenges—There are various insects that sometimes attack the leaves. But the biggest problem is weediness. If you leave any part of the root in the ground, the plant can spread by under-ground shoots and become invasive.

To be truthful, I am not sure horseradish will grow here. In the *Sunset Western Garden* book, it says "all zones". But, our summers are really hot. Let me know if you grow horseradish! glhernandez@ucanr.edu



Submitted by Gerry Hernandez



Become a Master Gardener and join our team!

UC Master Gardeners are volunteers trained and certified by the University of California, Cooperative Extension in areas of home gardening and horticulture. We extend gardening information and educational programs in Colusa County. Our next training starts January 23 to May 7 on Thursdays, 1-4:30 pm. Trainings will be conducted in Orland.

If you are interested fill out the form and give it to a Master Gardener or mail it to 100 Sunrise Blvd., Ste. E, Colusa, Ca 95932 or call 458-0570.

Applications are now available at cecolusa.ucanr.edu

Name

Address

Phone #

Email

Recipe of the Month

Chicken Pot Pie

Deconstructed or not, up to you

2-3 slices of bacon, in 1/2 inch slices
1 medium onion, chopped
6-8 fresh mushrooms, sliced
1-2 cloves garlic, minced (optional)
1 small red bell pepper
1 small green bell pepper
2-3 carrots, peeled and sliced 1/4" thick
1-2 stalks of celery, sliced 1/2 " thick
1 tablespoon Better than Bullion chicken base
(or 2 bullion cubes)
1 bay leaf
1 teaspoon fresh thyme
1/2 teaspoon poultry seasoning

1/2 teaspoon black pepper
1 tablespoon Dijon mustard
2 tablespoons Worcestershire sauce
1 cup white wine
1 can cream of mushroom or chicken or celery
soup
4 cups (or more) previously cooked chicken, no
skin, no bones, cut in large chunks
1 cup frozen peas
6 medium Russet (or Yukon Gold) potatoes,
scrubbed
1/4 cup butter
1/4 cup cream, milk, or sour cream

- In a large skillet or heavy bottomed pot, cook bacon until fairly crisp, but not burnt, scoop out.
- Saute onion, mushrooms, peppers, garlic and celery in the residual drippings until softened.
- Add carrots, chicken base, seasonings, wine and soup, and the bacon. Mix gently.
- Add a little more wine or some stock or milk if it seems too thick.
- Simmer together until carrots are almost tender, but not mush, about 15-18 minutes.
- Stir gently, occasionally, so nothing sticks to the bottom. Cook just until the chicken is hot and the peas should still be green.
- While the sauce is simmering, make mashed potatoes.
- Put potatoes in a large pot with water to just cover, salt the water.
- Bring to a boil, reduce to a simmer and cook until just tender, about 12-15 min, depending on size.
- Drain water, peel the Russets while hot (hold in your hand and on a pot holder!), up to you if you want to peel Yukon Golds.
- Return to the hot pan, cut into chunks, then roughly mash with butter and cream. Do not use the food processor!!
- Go back to the skillet with the sauce, the carrots should be done by now.
- Gently fold in precooked chicken and peas.
- Deconstructed: Scoop mashed potatoes onto each plate and serve the chicken and sauce/vegetables over the top.

Broccoli or green beans are good vegetables on the side.

Nice crusty rolls or hot biscuits are good to sop up the gravy.

Continue on the next page

Continued from page 2.

OPTIONS **I always give you options!!**

1. Still deconstructed:

Undercook the potatoes just a bit, cut in quarters and add to the sauce before you add the chicken. Cook 10-15 min until potatoes are tender, then add the chicken and peas to make a 1-pot meal. This would work best with Yukon Gold potatoes with their thin skins, no need to peel.

2. NOT deconstructed:

Fully mash the potatoes and then plop spoonfuls on top of the meat and sauce, OR be fancy and pipe rosettes on top. Either way, sprinkle with a little cheese or paprika and pop into the oven or broiler for a few minutes to brown the tops of the potatoes.

3. Either way:

Use chicken parts, like 8 bone-in thighs, and brown them in the bacon drippings first, remove the chicken to a plate while you saute vegetables, and start the sauce, then return the chicken and juices to the pan (option - with partially cooked potatoes) and put in a 350 degree oven, covered.

Bake for about 35 minutes, stirring occasionally, then add the peas and stir.

If you did not add potatoes before, top with mashed potatoes and then bake another 10-15 min.

4. Either way:

Vary the vegetables! Leave out mushrooms and/or peppers if your family does not like them.

Add frozen corn to the sauce when you are cooking the carrots.

Add frozen green beans when the carrots are about half done.

Add cherry tomatoes cut in half when you add the peas.

OR, if you are in a hurry, you can use any canned vegetables (drained) at the time you add peas

And you could use instant mashed potatoes to really speed it up!



Submitted by Penny Walgenbach



MASTER GARDENER PROGRAM THINKING SAFE AND GREEN



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

#15

HEARING PROTECTION

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



According to information from the National Institute for Occupational Safety and Health (NIOSH), 25% of employees age 55 or older have developed significant hearing impairments when exposed long term in the workplace to an average noise level of about 90 decibels (dBA).

English and Spanish language safety videos on hearing protection are also available for loan from the ANR Environmental Health & Safety Library at <http://safety.ucanr.org>.

Noise Hazards

- Noise can damage hearing when it is continuously at about 90 dBA or greater.
- Noisy work areas can elevate anxiety, hypertension, and fatigue in employees.
- Noise-induced hearing loss is permanent and occurs progressively over time.
- The following table lists recommended exposure times without hearing protection for noise hazards and levels routinely encountered in agricultural settings:

<u>Noise Hazard</u>	<u>Level of Noise</u>	<u>Recommended Exposure Time</u>
Dynamite blast, gunshot	140 dBA	None
Chainsaw	115 dBA	15 minutes or less
Barn fan, combine	110 dBA	30 minutes
Table saw, grinder, tractor	100 dBA	2 hours
Shop vacuum	98 dBA	3 hours
Lawn mower	90 dBA	8 hours
Idling tractor	85 dBA	Damage can occur if exposure >8 hours

Preventing Hearing Damage

- Always use hearing protection (i.e., acoustic ear muffs or ear plugs) when working in an environment where noise levels are continuously at about 90 dBA or higher.
- Warning signs for overexposure to noise include ringing in the ears (called tinnitus) and temporary loss of hearing sensitivity (called temporary threshold shift).
- Select and use hearing protection with an appropriate noise reduction rating (NRR) to reduce ambient noise to below 90 dBA.
- Be aware that the manufacturer's NRR was derived under ideal conditions and therefore, a more realistic rating for use in the field is about one-half the manufacturer's NRR.
- Hearing protection worn incorrectly may not adequately reduce noise exposure.
- Cotton balls do not effectively provide hearing protection.
- Noise levels follow the inverse square law and can be reduced by 25% if you double your distance from the noise source (i.e., moving from 5 to 10 feet from a 100 dBA source will reduce the noise level to 75 dBA).





Protect Your Ears

Gardening Guide

UC Master Gardener Program of Colusa County

Zones 8 and 9

	October	November	December
P L A N T I N G	<ul style="list-style-type: none"> Cool-weather annuals like pansies, violas, snapdragons can be transplanted now. Also, you can direct seed cornflower, nasturtium, poppy, nigella, portulaca and sweet peas. If you don't have a winter garden, consider planting a cover crop to be tilled in next spring. Direct seed peas, spinach, radishes, lettuce, and carrots. 	<ul style="list-style-type: none"> You can still sow seeds of wildflowers this month. Plant California poppy, calendula, clarkia, and sweet peas. In the veggie garden plant seeds for lettuce, mustard, spinach, radishes and peas. If you didn't get your new tree planted last month, it is not too late to take advantage of the fall root growth that will give your new tree a strong start. 	<ul style="list-style-type: none"> Bare-root roses Bulbs Camellias Cyclamen Hellebore Living Christmas trees Bare-root fruit and landscape trees
M A I N T E N A N C E	<ul style="list-style-type: none"> Put your spent annuals and vegetables (disease-free, of course) in your compost pile. Be sure to deadhead your roses following the October bloom. Add compost to the beds that had the annuals and vegetables you are pulling out, before re-planting in those beds. 	<ul style="list-style-type: none"> Look at your camellias and remove excess buds to get larger flowers. In the middle of the month fertilize the veggies and flowers that were planted in October. 	<ul style="list-style-type: none"> Adjust your irrigation Protect citrus and other sensitive plants Apply dormant spray Add mulch to beds Divide perennials Throw out fallen rose leaves 
P R E V E N T I O N	<ul style="list-style-type: none"> Check azaleas, gardenias and camellias for leaves yellowing between the veins. Apply chelated iron if this condition is present. Keep your compost bin covered with a plastic tarp when rains begin. 	<ul style="list-style-type: none"> Bait for snails and slugs with an iron phosphate-based bait. Fight cabbage loopers by using floating row covers to keep the adult white butterflies from laying eggs on leaves. Apply pre-emergent weed control among plantings and on your lawn. 	<p>Shop: Plants and seeds make awesome holiday, hostess and mystery gifts.</p> 

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.

October

- Abiotic Disorders - Prevent or manage damage, such as that caused by aeration deficit, herbicide, salinity, soil pH, sunburn, 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.
- [Citrus](#) - Monitor for damage and pests such as brown rot, leafminer, root rots, and snails.
- [Clean up](#) mummies and old fruit and nuts in and under trees to avoid harboring pests. [Remove fallen leaves](#) from beneath deciduous fruit trees and roses.
- [Coast redwood dieback](#) - Check for drought-stress related maladies such as abiotic disorders, bark beetles, fungal diseases, and spider mites. [Deep water trees](#) and apply mulch.
- [Compost](#) - Add leaves dropped during fall. Turn and keep it moist.
- [Frost](#) - Protect sensitive plants from cold injury when freezing or frost are predicted.
- [Irrigation](#) - Adjust watering schedules according to the weather and plants' changing need for water. Check systems for leaks and broken emitters and perform maintenance as needed. Consider upgrading the irrigation system to improve its water efficiency.
- [Mulch](#) - Apply organic mulch where thin or soil is bare beneath trees and shrubs.
- [Olive peacock spot, or scab](#) - Make a preventive spray before the rainy season if the disease has been severe.
- [Pine](#) bark beetles, pitch moths, western gall rust, and wood borers - If pines need branch removal, prune during October through January.
- [Plant](#) bare root deciduous trees, shrubs, and vines e.g., caneberries, fruit and nuts, grapes, and roses. Plant California natives. Select species and cultivars well-adapted to the local site. Water regularly to keep root zone moist, but not soggy.
- Prepare for rainfall. Prevent water ponding around trunks and foundations. Improve drainage. Install downspout diverters to [direct runoff into landscape soils](#), but avoid waterlogging of soil.
- [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.
- [Weeds](#) - Manage weeds using nonchemical methods such as [cultivation](#), handweeding, or mowing.
- [Yellowjackets](#) - Place out and maintain lure traps or water traps. Trapping is most effective during late winter to early spring.

Master Gardeners 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

Broad-leaved—refers to evergreen trees and shrubs that have foliage year-round—camellia, for example—but not conifers. Also refers to any weed that is not grass.

If you attended one of your workshops, you will receive an email from mgevaluation@ucanr.edu. Your input gives us the tools we need to grow and improve our program. *Thank you!*

PRACTICAL | CONNECTED | TRUSTED

Garden Club of Colusa County activities

October 28, 6:30
St. Stephens Church
642 Fifth St., Colusa

Did a friend send you this newsletter?

- You can get your own newsletter sent directly to your inbox by [clicking here](#).



Additional Links

- Integrated Pest Management ipm.ucanr.edu
- UC Davis Arboretum arboretum.ucdavis.edu
- Invasive Plants www.cal-ipc.org
- Plant Right www.plantright.org
- Save Our Water saveourwater.com
- California Garden Web cagardenweb.ucanr.edu
- McConnell Arboretum and Botanical Gardens turtlebay.org
- UCANR Colusa County cecolusa.ucanr.edu
- UC Master Gardener Program (statewide) mg.ucanr.edu
- California Backyard Orchard homeorchard.ucanr.edu
- ANR publications anrcatalog.ucanr.edu

The University of California, Division of Agriculture and Natural Resources (UC ANR) prohibits discrimination against or harassment of any person in any of its programs or activities on the basis of race, color, national origin, religion, sex, gender, gender expression, gender identity, pregnancy (which includes pregnancy, childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), genetic information (including family medical history), ancestry, marital status, age, sexual orientation, citizenship, status as a protected veteran or service in the uniformed services (as defined by the Uniformed Services Employment and Reemployment Rights Act of 1994 [USERRA]), as well as state military and naval service.

UC ANR policy prohibits retaliation against any employee or person in any of its programs or activities for bringing a complaint of discrimination or harassment. UC ANR policy also prohibits retaliation against a person who assists someone with a complaint of discrimination or harassment, or participates in any manner in an investigation or resolution of a complaint of discrimination or harassment. Retaliation includes threats, intimidation, reprisals, and/or adverse actions related to any of its programs or activities.

UC ANR is an Equal Opportunity/Affirmative Action Employer. All qualified applicants will receive consideration for employment and/or participation in any of its programs or activities without regard to race, color, religion, sex, national origin, disability, age or protected veteran status.

University policy is intended to be consistent with the provisions of applicable State and Federal laws.

Inquiries regarding the University's equal employment opportunity policies may be directed to: John I. Sims, Affirmative Action Compliance Officer and Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1397. Email: jsims@ucanr.edu.
Website: http://ucanr.edu/sites/anrstaff/Diversity/Affirmative_Action/.

This policy statement supersedes the UC ANR Nondiscrimination and Affirmative Action Policy Statement for University of California Publications Regarding Program Practices dated July 2013.