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*Gardeners know  
the best dirt*

**Website:**  
[scrippsmesagardenclub.com](http://scrippsmesagardenclub.com)

*Flourishing in our gardens*

# Scripps-Mesa Garden Club



## Tomatillos

By Susan Castellana

I started these from seeds. One cuts tomatillos off the stem, removes the papery outer shell, and is left with hard, sticky balls. You cut them in half and roast. Next cool, mix in blender and arribe! Green Verde Salsa!

*(Recipe p.2)*

## S-M GARDEN CLUB WEBSITE

[scrippsmesagardenclub.com](http://scrippsmesagardenclub.com)

*If you want a guided tour of the Garden Club website, please contact our webmaster, Brydon Bennett, at*

[bcjj@sbcglobal.net](mailto:bcjj@sbcglobal.net)

*and he will help you navigate through the site over the phone.*

## 2020 Garden Club Officers

**President**  
?

**Secretary**  
Jackie Brown

**Speakers**  
Helen Plutner &  
Lynnell Hallock

**Room Coordinator**  
Louise Badham

**Refreshments ...**  
Susan Castellana

**Website**  
Brydon Bennett

**Treasurer ...**  
Char Fitzgerald

**Newsletter &  
Publicity...**  
Denise Stewart



## Lynnell's Successful Container Beans

Earlier in the growing season Lynnell Hallock shared her frustration with the rabbits in her yard always absconding with her produce. She decided to try a metal planter tall enough to challenge the bunnies this year. Her green bean crop was abundant, the bunnies couldn't reach them, and she gets to enjoy the veggies.



## Recipe for Green Tomato Salsa



### INGREDIENTS

- 1 ½ pounds tomatillos (about 12 medium), husked and rinsed, halved, and roasted at 400 degrees.
- 1 to 2 medium jalapeños, stemmed (omit for mild salsa, use 1 jalapeño for medium salsa and 2 jalapeños for hot salsa,
- ½ cup chopped white onion (about ½ medium onion)
- ¼ cup packed fresh cilantro leaves (more if you love cilantro)
- 2 tablespoons to ¼ cup lime juice (1 to 2 medium limes, juiced), to taste
- ½ to 1 teaspoon salt, to taste
- Optional variation: 1 to 2 diced avocados, for creamy avocado salsa verde
- Place all the ingredients in a blender or food processor. Whirl until blended.

## Cup and Saucer Vine Thrives Here

Both articles by Bob Gale

My Cup and Saucer Vine has been growing like gangbusters all summer, and it has been covered with flowers, as well. The cup and saucer flowers are really fun, because when they open they are pure white, then they turned pink, and then they finally turn purple. That way you always have a variety of white, pink, and purple flowers on your vine. This is a very sturdy, happy, and healthy vine to grow here in

San Diego. It loves our climate and it a perennial that really thrives here. One reason it's so at home here is that it is a native of Mexico and is a member of the phlox family (Polemomiaceae.) So, if you need to add a vine to your garden this would definitely be a wonderful choice. You may know it by another name, because the Cup and Saucer Vine may be called Cobaea Scandens, Monastery Bells, Mexican Ivy, or Cathedral Bells.



## It's Time To Plant Winter Tomatoes

It's that time to begin thinking about winter tomatoes. The month of September is the best time to get them started and I wouldn't plant them any later than the first week of October. You must really get them going when the weather is still warm. You want to get them blooming with some good sturdy development, before we start getting cool nights. Once we start getting the cool nights, your plants will slow down dramatically. Remember when choosing a location try to choose a location on a southern wall or on a southern facing patio or driveway. Also, it helps to have them on a cement surface, because the cement helps hold the heat from the day. Then it releases the radiant heat at night and helps to keep your tomato plants warm all night. It's very important to choose a cool weather variety of tomatoes. You never want to choose a large fruited tomato and you want to choose a tomato with the shortest maturity dates. You definitely do not want to choose a tomato with a maturity date greater than 65 days. Cherry tomatoes are always great, as well as the little yellow pear tomatoes. They will usually continue to produce tomatoes right up until the warm-weather tomatoes are ready to be harvested. The heritage tomato variety, "Bloody Butcher" is the most productive cool season tomato I have ever grown. When you are choosing your cool weather tomato plants, you want to look for varieties like San Francisco Fog, Celebrity, Jetsetter, Siberia, Early Wonder, Early Girl, Legend, and Sub-Arctic Maxi. Good luck, with your cool season tomatoes and do enjoy your winter tomato harvest. I guarantee any tomatoes you grow yourself in your home garden are going to be 10 times better than any jelly centered tomato you purchase at the store during our winter. *(Check our website for Bob's tomato planting and fertilizing tips in the Aug. newsletter.)*

### Scripps-Mesa Garden Club Newsletter

11152 Caminito Vista Pacifica  
San Diego, CA 92131

Email: [denise.stewart@hotmail.com](mailto:denise.stewart@hotmail.com)  
Phone: 858-693-1456



Contributions of articles, suggestions, artwork, and gardening tips are warmly welcomed. This newsletter belongs to the Scripps-Mesa Garden Club members and is intended to reflect their gardening interests and experiences. Please take part in its mission and contribute an article or a photo.





## Ferns Thrive with Shade and Moisture

By Bob Gale

The joys of growing ferns are many. The colors are so gorgeous and yet so subtle, and because of their gracefulness they are very rewarding to view. The variety of ferns available at our local nurseries is astonishing. To me it is simply amazing to think that they grow so vigorously and freely outside in San Diego. They really do not require a great deal of extra care, other than they require that the gardener makes sure that they are planted in shaded areas and that their soil is kept reasonably moist. They do add a very soft and delightful corner in any garden space. So, don't be afraid to grow ferns, either planted in the ground or potted, because they are really quite easily grown and they really do grow beautifully in our San Diego climate.

## How to Roast Tomatoes

Directions: Preheat the oven to 400 degrees F. Slice tomatoes. Arrange the **tomatoes** on a sheet pan, cut sides up, in a single layer. Drizzle with olive oil and balsamic vinegar. Roast about 40 to 45 minutes.

If you prefer a spicier version, sprinkle slices with minced garlic, salt and pepper before roasting.

Roasted tomatoes are a delicious addition to salads and other foods. Why not try a roasted tomato soup when the weather cools?



## Got a bug bite?

Rub on some honey to soothe it.



*I have a bumper crop of basil this season thanks, I believe, to my watering the plant more often.*

## Recipe for PESTO



**1 cup fresh basil, 1/2 cup parsley, 1/2 cup grated Parmesan cheese, 1/4 cup pine or other mild chopped nuts, 1 large clove garlic, 1/4 teaspoon salt, 1/4 cup olive oil.**

**Quickly chop dry ingredients in a food processor or blender. Then slowly add olive oil until its all mixed.**

**To freeze**, spoon pesto into an ice-cube tray (2 tablespoons per cube); cover with plastic wrap. Freeze overnight, then transfer cubes to a resealable plastic bag; keep up to 6 months. Defrost pesto at room temperature, about 20 minutes (or at 30-second intervals in the microwave). Mash with a fork before using in recipes. ( *Contributed by Denise Stewart* )



# September Chores

- Plant cool-season annuals now in the evening and provide temporary shade during these hotter days.
- Extend plantings of warm-season annuals by continuing to water, feed, and deadhead.
- Pull out summer flowers when their beauty fades.
- Start seeds of cool-season annuals in flats or pots for transplanting next month.
- Oven dry surplus tomato slices. Dry tomatoes keep longer. They make a delicious addition to salads, soups, pizza and sauces. (See recipe p.3)

## An Interesting Fact About MM and SR Gardens

*By Denise Stewart*

When my husband and I bought our first California home in Mira Mesa in the early 70s, we were new here from Rochester, NY. There, winter left on July 27th. spring arrived the 28th, and summer followed on the 29th, only to be replaced by autumn the very next day. The very short growing season was rapidly followed by never-ending windy, icy winter.

We celebrated being fortunate enough to move to San Diego's delightful climate.

In Mira Mesa almost every afternoon, except during the rare Santa Annas, a lovely breeze came up from the west and kept our neighborhood's temperature very pleasant. We didn't have or need air conditioning during the time we lived there.

After 20 years we moved across the freeway to Scripps Ranch. We noticed a difference in the afternoons. We were glad our new home had a/c and we used it.

During that 20 year interim in MM, the four lane 163 had grown to a much larger I-15 dividing our community more abruptly from SR. The population in all the North City neighborhoods and the traffic along the freeway had multiplied substantially. Meanwhile, scientists began to register a global climate change.

So now, my fellow gardeners, Mira Mesa is currently in a different gardening climate zone than Scripps Ranch. Those coastal breezes still keep MM milder. Apparently, global climate change and the freeway wall against those breezes may be contributing to a warmer, drier SR.

SR is now described as **CA Zone 13: Southern Inland, Less Extreme.** MM is **Zone 14: Southern Strong Coastal Influence.**

If you want to check on each community's listing, go to [gardenzues.com](http://gardenzues.com) and learn more about the differences in gardening techniques and plants for each area. The difference is not dramatic, but recognizable and requires some attention.