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Scripps-Mesa Garden Club



Members Gathered to Celebrate the Summer Harvest

Our garden club members gathered on August 17th to celebrate the rewards of this growing season. Brydon Bennett hosted the event on the expansive deck behind his home in Scripps Ranch.

The Annual Salad Supper is a tradition our club enjoys at the end of each summer. It has taken on different styles through the years, but is always an event that pleases.

Susan Castellana coordinated the large variety of salad ingredients that made the meal a summer feast. Members brought the ingredients to share and to create a delicious dining experience for themselves and the other members of the club.

This year we had two reasons to celebrate, both the

products of the growing season and the ending of the stricter aspects of the social distancing of the pandemic. It was a pleasure to be among friendly folks, once again, while enjoying dinner and garden talk on a pleasant summer evening.

**Meet at the Library Courtyard Sept. 28 at
5:45 pm**

Meetings at the SR Library will resume on September 28th at 5:45pm in the courtyard. Making Orchids Rebloom will be speaker Chuck McClung's topic.

(See p.2)

September meeting to bloom with orchids

Chuck McClung is a lifelong plant enthusiast and has been assisting gardeners since he was a child. He has a Master's Degree in Botany and has worked in landscape design and maintenance, in ecological research for several universities, and as a gardening columnist, lecturer, and Master Gardener instructor.

Chuck now works independently with homeowners, helping them solve their gardening dilemmas. His book *How Orchids Rebloom* was released in 2019.

We will be back at the SR Library on September 28 for our meeting, but there are some new guidelines we need to follow.

First of all, we will meet at 5:45 out on the courtyard.

Secondly, no food is allowed indoors just now, so our snacks will also be served outdoors.

Lastly, our guest speaker, will make his orchid re-blooming presentation out in the courtyard.

Lee Gordon, who lives in SR, will give a talk for us in October. He is an avid native plant grower and active with the San Diego chapter of the California Native Plant Society. We visited his garden a few years ago.



Something New for National Coffee Day



Contributed by Bob Gale

I want to suggest people try Mushroom ☺ Coffee which is similar to traditional coffee, but with medical mushrooms ground in with the beans for additional health benefits. They grind in medical mushrooms like chaga, lion's mane, reishi, and cordyceps. Coffee alone has antioxidants and boost cognitive function, so adding mushrooms seems like a winning combination.

Mushroom coffee has less caffeine than regular brews, making it a better alternative for those who tend to get coffee jitters. Also, the adaptogens from mushrooms can help fight stress and insomnia. Other benefits of mushrooms include strengthening the immune system, ulcer prevention and a lower risk of heart disease.

Here are a few things to keep in mind about mushroom coffee. Humans studies are still too few to confirm these health benefits, because mushroom coffee is classified as a dietary supplement and therefore, there is no oversight

*Bob's
Corner*

**SEPT. 29 is
National Coffee Day**

2020 Scripps-Mesa Garden Club Officers

President

?

Secretary

?

Speakers

Helen Plutner &
Lynnell Hallock

Room Coordinator

Louise Badham

Refreshments

Susan Castellana

Website

Brydon Bennett

Treasurer

Char Fitzgerald

Newsletter & Publicity

Denise Stewart

denise.stewart@hotmail.com

New Officers Needed

Treasurer's Report

September Chores



Plant cool-season annuals now in the evening and provide temporary shade.

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.

Well-draining soil is critical once the winter rain (hopefully) begins, so amend all new planting beds with generous amounts of rich compost. For established beds, apply a generous layer around plants to enrich the soil and deter weeds.

Fall is the perfect time for embracing cool-season vegetables and fruits. Not only do they take up less space than massive pumpkins and squash, but many are easy to grow from seeds sown directly in the ground, for example: chard, carrots, and radishes. Other types are easy to start from seedlings. include broccoli, cabbage, and cauliflower.

Get another round of petaled pretties in the garden before the weather turns chilly. The most reliable flowers to plant in fall are calendulas, Iceland poppies, and violas.

If you plan on installing a new garden bed next spring, cover that area now with a thick layer of mulch or compost, or try sheet mulching, to discourage weed growth when the ground warms up come spring. Another idea is to plant a cover crop like fava beans that will add important nitrogen to the soil, improve soil fertility, and provide an edible crop.

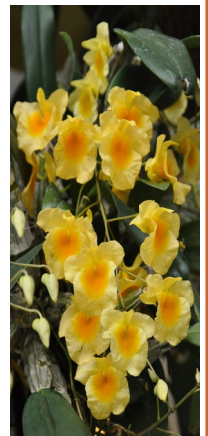
COOL SEASON GREENS: collard greens, beat greens, escarole, spinach, kale, pac choi, mustard greens, turnip greens, loose leaf lettuces

Meetings Return to Library for the Autumn

The Oct. meeting is scheduled for the fourth Tuesday on Oct. 26th.

Because of the Thanksgiving holiday, November's meeting is slated for the 16th.

The club does not usually meet in December.



Share your love for gardening

Scripps-Mesa Garden Club Newsletter

Email: denise.stewart@hotmail.com

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.

Herbs That Deter Insects

Basil ... *mosquitos, fleas*

Rosemary ... *mosquitos, fleas*

Marigolds ... *mosquitos, aphids*

Lavender ... *mosquitos, fleas, flies*

Lemon Balm ... *mosquitos, flies*

Peppermint ... *mosquitos, spiders, flies*

Thyme ... *mosquitos, ants*

Catnip ... *mosquitos, cockroaches*



Bella Donna Lilies shared by Mike Tussey with members of our club flourish.

Bob Gale and his delicious figs.

A gnome rides through Bob's garden.



Water Conservation Garden

A common-sense approach to hiring a landscape professional.

Wednesday, September 22nd at 11am-12pm on Zoom

You'll learn which questions to ask, how to properly plan, and receive money-saving tips too! Sponsored by The County of San Diego. FREE

<https://thegarden.org/product/how-to-hire-a-landscaper-sept/>

"Essential advice for the gardener: grow peas of mind, lettuce be thankful, squash selfishness, turnip to help thy neighbor, and always make thyme for loved ones."

"A garden is a grand teacher. It teaches patience and careful watchfulness; it teaches industry and thrift; above all it teaches entire trust."

"When the world wearies and society fails to satisfy, there is always the garden." – Minnie Aumonier.

Native Plant Lovers to Tour Cara Knott Park

Lee Gordon, our speaker for the October meeting of the Scripps-Mesa Garden Club, will be doing a guided hike for Sustainable Scripps Ranch on Saturday, September 25th at 7:30am at Cara Knott Park. It is an easy 2 mile walk. RSVP to Helen Plutner and she will provide directions to the event. sustainableSR@scrippsranch.org to attend.

Understanding Fertilizers

Taken from the Master Gardeners newsletter

Fertilizers are food for your plants. And just like you, the better they eat, the better their health is likely to be. The shelves are filled with different products to feed you plants. Let me try to explain the differences between them to make it easier to decide what is best for your garden.

COMPLETE VERSUS INCOMPLETE FERTILIZERS: Complete fertilizers contain three major nutrients: N (nitrogen), P (Phosphorus) and K (Potassium), and in order, feed the plant's shoots, roots, and fruits. You will see three numbers on the label (e.g., 10-8-6) which represent the N-P-K percentages. Incomplete fertilizers are missing one or more of these three nutrients. This label might read 20-0-0. Some plants do not want one or more of the elements. Other times you may want only one for the specific benefit it provides like N for the quick greening of your lawn.

GENERAL-PURPOSE FERTILIZERS VERSUS SPECIAL-PURPOSE FERTILIZERS: A general purpose, also known as all-purpose, fertilizer is intended to meet the needs of most plants. It will have equal N-P-K numbers or a bit more N than P and K. Special purpose fertilizers will be formulated for the needs of specific groups of plants, like citrus, roses, or acid loving plants. The N-P-K percentages will promote the best growth for their needs.

ORGANIC VERSUS SYNTHETIC FERTILIZERS Organic fertilizers are formulated from living organisms, and may include ingredients like blood meal, bone meal, and fish emulsion. Many other ingredients may be included. These products work more slowly and last longer in the soil. They are broken down by bacteria in the soil providing nutrients and they decompose. Synthetic fertilizers are also known as chemical fertilizers. They work faster in the soil and are less expensive than organic products.

SLOW-RELEASE FERTILIZER These products are formulated to release over an extended period of time. This allows for fewer applications each year. The best fertilizer is the one that you are actually going to use. It is most important that you follow the directions on the product that you select.

Much of this information was taken from: San Joaquin UC Master Gardeners "Feeding Plants-Understanding Fertilizers" <http://sjmastergardeners.ucdavis.edu/files/154369.pdf> For more fertilizer information please check out the following links: Lawns: <https://ccuh.ucdavis.edu/sites/g/files/dgvnsk1376/files/inline-files/lawn%20fertilizing%20english.pdf> Vegetables: http://sfp.ucdavis.edu/pubs/Family_Farm_Series/Veg/Fertilizing/ Fruit trees: <http://homeorchard.ucdavis.edu/calendar.pdf> Citrus: <http://ipm.ucanr.edu/PMG/GARDEN/FRUIT/CULTURAL/>

