

Volume 12, Issue 11, Nov. 2025

WEBSITE

scrippsmesagardenclub.com

EMAIL

scrippsmesagardenclub1993

@gmail.com

Meetings 4th Tuesday

6pm



Scripps-Mesa Garden Club

**The November 18th potluck supper
at the Scripps Ranch Library
will be our last meeting of the year.
Bring your favorite dish.**

**We will meet again on January 27, 2026 at
Scripps Ranch Community Center**



**Master Gardener Dawn Standke
Nipped Horticultural Myths in the Bud
See inside pages 2 & 4**

\$\$\$ **Treasurer's Report** by Char Fitzgerald

*I have not done the final tally but we should end the year with \$600 in the bank.
We will have more expenses next year because of the Community Center fee.
Also, Brydon is going to see what the Scripps Mesa Garden Club site will cost since the 4th year cost will occur.
We may take a vote with members to see if it is to be continued.
Karen L. mentioned a board meeting for this and others, so time will tell.
So, as far as the newsletter goes, we are in the black.
I will have a final statement for the board when the meeting happens.*

SCRIPPS MESA GARDEN CLUB

MINUTES OF THE MEETING OF OCTOBER 8, 2025



Our Guest speaker was Dawn Standke, Master Gardener, who promised to disabuse us of some prevalent Horticultural Myths beginning with the banana which is less garden miracle than snake oil. The Christmas myth of Poinsettias harming children and pets is over exaggerated.

The twisted gnarled leaves from the Leaf minor moth do not need aggressive treatment as the smudge provides food for the citrus tree. Don't prune often.

A "Do It Yourself" nontoxic weed killer combining vinegar, salt, and dish soap doesn't work. Horticultural Vinegar will kill many things but there is a potential danger of this product to skin, and eyes etc. Blossom End Rot (BEM) spoils the look of fruits and vegetables, but plants will grow out of it on their own. Just consider planting a different variety.

Epsom Salt has no miraculous power. Neem Oil is a pesticide and a chemical which you should try only as a last resort as it will kill things you do want. Repeated use of Neem Oil will require you to use more.

Notice that Tree Roots are spread widely out from the tree rather than growing straight down into the soil, hence contraptions that "deep dip" are not helpful. Also overhyped are coffee grounds whose benefits are not available until they decompose. Caution: do not combine bleach and vinegar, it's bad for you.

A WARNING: The YELLOW FEVER MOSQUITO has been reported in California since 2013. It bites aggressively during the day especially legs and ankles. It doesn't Buzz, to announce itself so we are unaware of its presence. It can breed in as little as a capful of water. Recommended: Picaridin Insect Repellent, a lotion.

California has a Vector Control Program 858-694-2888.

Barbara Measelle, Secretary

Check out these ground covers if you are done with mowing grass weekly



White Dutch Clover

White Dutch Clover
Creeping Thyme
Microclover

Self-Heal
Blue Style Creeper
Buffalo Grass

Lyreleaf Sage
Pennsylvania Sage
Narrowleaf Blue-Eyed Grass
California Frogfruit

Some are heat resistant, all are water-wise. Some have small flowers. Some are attractive to pollinators. None of them have to be trimmed more than once or twice a year. All of them are much more environmentally friendly than plastic or rocks.



A Message from the Co-President Dave Fortner

As I was reflecting upon November's newsletter, the dominating holiday with all its usual thankfulness looms large, but this year it seems just a little trite considering the lack of progress on climate change, and the impending AI apocalypse. Our last speaker, Master Gardner Dawn Standke, provided an excellent, no-nonsense approach to gardening, the internet, and chemical companies; but her words speak for themselves with refreshing clarity. Thus, my thoughts continued to wander, pulled into the various calls outside my window. Yes, once again, the birds are calling.

Did you know that birdsong has been shown to have a significant effect on mental health? A 2022 Germans study found that just 6 minutes of birdsong "reduced anxiety and paranoia." Others have shown that birdsong has "beneficial effects on mood, arousal levels (fight or flight stress response), and cognitive performance." Wow. Read that last sentence again. Cognitive performance, I am feeling smarter already. Still others have shown "attention-restorative and stress-ameliorating effects." Is there anything that Birds can't do? Exercise, you now have a partner in being a bonafide, miracle panacea.

So as your year and garden wind down, and as you make plans for 2026, imagine your garden thriving with life: all manner of plants, all manner of birds, and all manner of life thriving in your very own backyard mini ecosystem. A place to rest, restore, and rejuvenate (and to invite your good friends), so we can all continue the fight!

Stobbe, E., Sundermann, J., Ascone, L. *et al.* *Birdsongs alleviate anxiety and paranoia in healthy participants.* *Sci Rep* **12**, 16414 (2022). <https://doi.org/10.1038/s41598-022-20841-0>

Mourning Dove

by Dave Fortner, Co-President

This month's bird features the Mourning Dove. At 12 inches long, these common San Diego doves are grayish-brown, with a small head and pointed tail. While they eat only seeds, they are a great bird for attracting other, insect-eating, birds to your garden. Birds attract other birds! You can often hear their soulful "cooo oo" song or the sharp clatter of their wings when they take flight. Attract them to your garden with a ground-level seed feeder which is always a beautiful addition to your garden.



Photo by Cindy Fortner

November- Garden Chores



Winter Chores:

- * Protect Roses, evergreens
- * Mulching
- * Turn compost
- * Late Winter pruning
- * Check on those stored summer tubers and bulbs
- * Check catalogs for future purchases

Remember:

- * Keep your bird feeders well-stocked
- * Trees, and bulbs can be planted as long as the

soil is unfrozen

- * Use branches from cut Christmas trees to shelter garden plants

- * Check on your stored summer bulbs: dahlias, calladium, etc.

- * Keep your tools in good condition

- * Plant colorful winter flowers like petunias, pansies, and snapdragons.

- * Record your thoughts about this year's garden

Master Gardener website:

<https://www.mastergardenersd.org/>

Master Gardener speakers:

<https://ucanr.edu/site/uc-master-gardener-program-san-diego-county/presentations-uc-master-gardeners-san-diego-county>

Master Gardener Hotline:

phone: (858) 822-6910 email: help@mastergardenersd.org

Article on Coffee myths: <https://s3.wp.wsu.edu/uploads/sites/439/2015/03/coffee-grounds.pdf>

Article on neem: <https://www.gardenmyths.com/neem-oil-insecticide-plants/>

Soil Testing Labs

Clarkson Laboratory & Supply, Inc.

350 Trousdale Dr.

Chula Vista, CA 91910

Phone: (619) 425-1993

Email: les@clarksonlab.com

WEBSITE: <http://www.clarksonlab.com>

Vert Environmental 8316 Clairemont Mesa Blvd

Suite 206, San Diego, CA 92111

Tel: (858) 433-3290

WEBSITE: <https://vertenviro.com/>



Newsletter contributions are due the first week of each month. denise.stewart@hotmail.com