

RIVER VALLEY GARDEN CLUB

A PLACE TO GROW

MARCH 2018

VOLUME 15, ISSUE 7

HERE'S THE DIRT

Rooting for You

Nancy Clark, President

RVGC Swap Meet – new date is 4/7!!!

What's a Swap Meet? Well.... it's a fun opportunity to:

- Get rid of unwanted (surplus) gardening-related items,
- Acquire new/used items from fellow club members,
- Contribute to the operating budget *, and
- Market our club and recruit new members.

Put simply, it's a chance for us to get together and sell/trade/give away garden-related items like seeds, plant cuttings, pots, or garden art. The first hour of the sale will be limited to club members (so we can trade/sell amongst ourselves). After that, we'll open things up to the public. *To collect funds for our operating budget, we'll set up a common club table to which participants can contribute items for sale.

Here are the details:

When: Saturday, April 7, 11:00 a.m. to noon (members only), noon to 2 p.m. (open to the public)

Where: The Plaza Parking lot, in front of Stonehouse Bistro

How do you participate?

- To reserve a spot for your table, please contact Nancy Clark **by 3/5** at nancyclark475@sbcglobal.net, or 916-769-0553.
- Start seeds or cuttings now if you'd like to sell/trade/give them;
- Start looking through your collection of bulbs or plants, garden art, books, seeds, tools, or pots and see what you'd like to sell/trade/give away;
- Consider what you would be willing to donate to a common Club Table.
- Volunteer to help set up/take down the event, bring cookies, a water dispenser, etc., or
- Offer to bring a table.

Think of the fun we'll have sharing our bounty and gardening tips with each other *and* the public!

THERE IS SOMETHING INFINITELY
HEALING IN THE REPEATED REFRAINS
OF NATURE – THE ASSURANCE
THAT DAWN COMES AFTER NIGHT,
AND SPRING AFTER WINTER.

– RACHEL CARSON



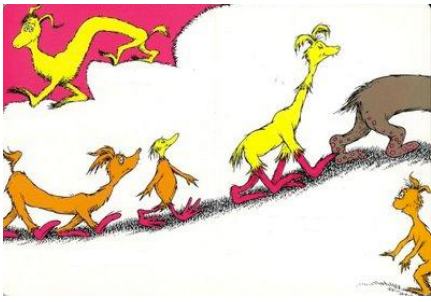
First Day of Spring
March 20, 2018

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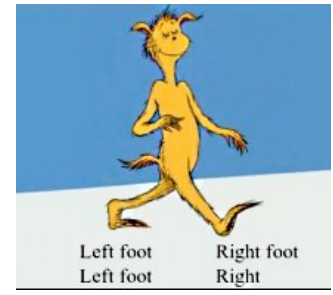
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2017-2018 Programs and Workshops



You have **BRAINS** in your **HEAD**.
 You have **FEET** in your **SHOES**.
 You can **STEER** yourself any
DIRECTION you **CHOOSE**.
 ~ Dr. Seuss



Date	Type	Provider	Location	Details
Mar 27, 2018	Program	Chef Johnny	RMA Bldg.	Creative ideas about what you can do with all the vegetables you raise in your garden
Apr 24, 2018	Program	Dale Farham	RMA Bldg.	Facts About GMO
May 22, 2018	Program	Chris Huey	RMA Bldg.	Penny Pines and the Eldorado Forest

Creative Vegetables

Mary Zellem, Vice-President, Programs

The River Valley Garden Club is delighted to have Rancho Murieta Country Club Executive Chef Johnny Frink return to speak again on Tuesday, March 27th at 7:00 pm at the RMA building. His topic of discussion will be *“Creative ideas of what you can do with all the vegetables you raise in your garden.”* Chef Johnny welcomes all cooking questions from the members.

After graduating from the California Culinary Academy in 2002, he worked as a Sous Chef at the Palace Hotel for 4 ½ years, as Executive Sous Chef at the Sheraton and as Executive Chef at the Lions Gate Hotel. Rancho Murieta Country Club was fortunate to have Chef Johnny join the club as Executive Chef in July 2012.

As a native of Sacramento, Johnny Frink has been an avid golfer most of his life. He is a national golf champion after winning the Palmer Flight in the final round of the 2013 Golf Channel Am Tour National Championships. He competed on six courses of PGA West Golf Club and Resort in La Quinto against nearly 650 players representing 47 states, Puerto Rico and Canada. All that AND he cooks! Don't miss what is sure to be a great presentation.



Chef Johnny Frink



Upcoming Events

94th Annual Sacramento Camellia Show

March 3 & 4, 2018, Memorial Auditorium, 1515 J Street, Sacramento
Hours are Saturday, 3 p.m. to 6 p.m. and Sunday 10 a.m. to 5 p.m.

Produced by the Camellia Society of Sacramento, this is the oldest camellia show in the United States. Enjoy floral designs by the Floral Design Guild, a display by sister city, Matsuyama, Japan, a winning blooms trophy table, the winning photos from the Camellia Society of Sacramento's annual photo contest, and stunning camellias of every size and color. If you're feeling courageous, you too can enter your prized camellias. Visit their [website](#) to learn more.



San Francisco Flower & Garden Show FREE Tickets! Do you have yours?

Nancy Compton, Field Trip Chair

April 4 - 8, 2018, Cow Palace, San Francisco

After ten years in other locations, the SFFGS returns to the Cow Palace. It is the third largest show of its kind in the USA. Join the return celebration of the fabulous display garden to the center arena. The Plant Market will be in full bloom. You'll find thousands of unique items for your gardening adventures and outdoor living. The seminars will be ongoing at the Discovery and Floral Fantasy stages plus the halls will be filled with beautiful and informative displays. For visiting information and tips, click [here](#).



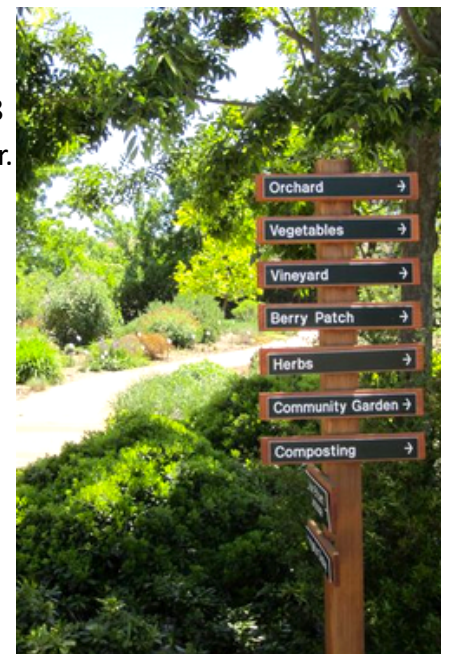
This is not a bus trip, but members can arrange dates and carools, although it would be fun to identify a mutually convenient date so we can caravan to San Francisco together. Please email me at ncompton43@att.net if you are interested in obtaining a free ticket to the Flower and Garden Show.

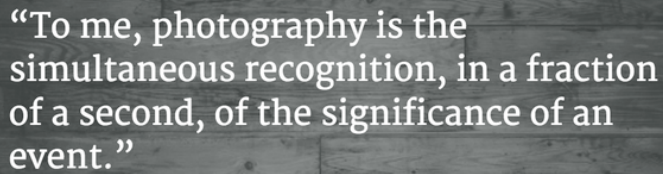
Fair Oaks Horticultural Center 20th Anniversary Celebration Nancy Clark, President

The Fair Oaks Horticulture Center • 11549 Fair Oaks Boulevard, Fair Oaks CA 95628
Plenty of classes and things to learn coming up at the Fair Oaks Horticultural center. Help the Horticultural Center celebrate their 20th anniversary. Sponsored by the UCCE Master Gardeners of Sacramento County and the Fair Oaks Parks and Recreation district. Click [here](#) for the complete brochure.

Saturday, March 10 is the Open Garden event. Learn how to:

- Prepare raised beds for summer
- Manage grape pests and early season vine growth
- Fruit trees: summer prune, thin crops and fertilize
- Compost activities: turn, shift, and harvest
- Prune herbs for better summer growth
- Select water-efficient landscape plants for seasonal bloom





“To me, photography is the simultaneous recognition, in a fraction of a second, of the significance of an event.”

– Henri Cartier-Bresson



“There are always two people in every picture: the photographer and the viewer.”

– Ansel Adams

Photo Adventure, 2018

Fran Hawkins, Chair

It is hard to believe that March is here and it's time to start framing those award winning photos you are going to submit to this year's Photo Adventure. Lest you forget, the deadline is *June 30th*.

We know from previous years that there are many talented photographers among us and the committee is hoping we will see even more this year.

It's easy and fun to participate.

- There are two categories: Garden Visions and Landscapes. You can submit an entry in one or both categories.
- Find something that inspires you. If you are inspired, we will be too.
- Take a photo!
- Submit your entry. Deposit it in the box which will be with our lovely greeters at our garden club meetings. Or, hand it to any committee member. Alternatively, send your digital image directly to Irene at: slavens.irene@gmail.com.
- Sit back and wait to see your work published in our RVGG calendar.

If you have never submitted to the RVGG Photo Adventure before, enter in the Fresh Adventurer division which is judged separately from the returning adventurer category.

Need Technical Help? We will be available to answer any of your questions at the garden club meetings between 6.30 – 7 p.m., or we can assist anonymously and no questions asked!

Contact Irene at: slavens.irene@gmail.com or Fran at: fdhawkins@gmail.com.

Check out the full details at: [River Valley Garden Club Photo Adventure](#)

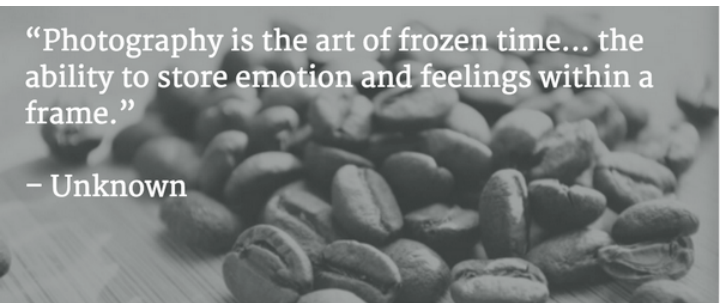
Have your camera ready.

Remember... The best camera is the one you have with you. Stay focused and be inspired.



“The single most important component of a camera is the twelve inches behind it.”

– Ansel Adams



“Photography is the art of frozen time... the ability to store emotion and feelings within a frame.”

– Unknown

Volunteers Needed To Care For Our Arbor Tree

Berniece Jones, District Liaison

Last year our club planted a Blue Oak tree on Arbor Day in the Memorial Park by the side of Lake Calero. Once again it is time to sign up to nurture our little Blue Oak. Until we are convinced the oak is established, we will need to ensure it has water. It is not a big commitment and our little tree loves the company and attention. We will have another watering signup sheet at the March Garden Club meeting.

Please indicate on the sign-up sheet the time frames you are NOT available so we can avoid scheduling you in that particular time slot. We will then generate a watering schedule for the volunteers. You will either bail water from the buckets surrounding the tree, or add water depending on the season.

I have found it easier to take eight large soda bottles filled with water to Calero, rather than trying to dip water out of the lake and then trudge it up a small hill. When it has been raining and the irrigation buckets surrounding the tree have not drained, one needs to bail them out. I take a small cottage cheese dipping container to bail out water standing in the irrigation buckets at the base of the tree. Although rain has not been plentiful this year, we do keep an eye out for saturation. Thank you for being a friend to our fledgling Blue Oak.



Oh The Places You Can Go!

Debbie Kolmodin, Discount Nursery Program

Good news!

We now have **FOUR** additional nurseries to add to our burgeoning discount nursery list. They are:

1. Home Depot - Folsom location only
2. [High Hand Nursery](#) - Loomis (This place is *amazing*. Click [here](#) for an enchanting short video about the musical Gladding, McBean heirloom artisan pottery sold at High Hand Nursery)
3. [Bushnell Gardens](#) - Granite Bay
4. [The Plant Foundry](#) - Sacramento

I encourage you to familiarize yourself with the complete list of nurseries and discover what each one has to offer. Next, choose a nursery you have never visited and high-tail it over there. The complete list can be found [here](#) on our website. The *wise woman* would [print the list](#) and keep it in her car.



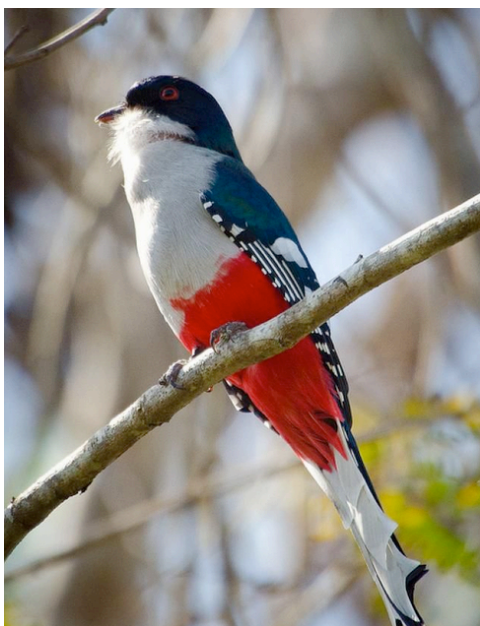
Mysterious Cuba

Ellison Cowles

Cuba is shrouded in mystery to most Americans for all the reasons that we know. However, my husband, Ernie, and I cut through the red tape, and were fortunate to journey to Cuba where we spent two weeks in February vacationing with our friends, Dr. Jacky Giacalone, a zoologist, and her husband, Greg, a research scientist.

Cuba has the largest tracts of untouched rain forest, unspoiled reefs and intact wetlands in the Caribbean islands. It is also home to many unique, or endemic species, including the solenodon, a chubby insectivore that looks rather like a giant shrew, and the bee hummingbird, the world's smallest bird, weighing less than a penny.

Cuba's Humboldt National Park is a vast, protected area of rain forests, pine forests, grasslands, and rivers. A gardener's dream! This diverse landscape stretches from the mountains to the sea and holds a dazzling variety of wildlife. In the forest, you'll find animals so rare they were once thought to be extinct. Many live nowhere else on Earth.



Cuban Trogon

The National bird of Cuba, the Cuban Trogon, is very colorful with a green back, blue crown, red belly and beak, and white throat and chest. These colors mimic the colors of the Cuban flag which is why it was chosen to be the national bird of Cuba. It has a long fluffy tail which is unique among Trogons. From beak to tail, this bird is between ten and eleven inches. As you can see, the Trogon's back-half looks as though someone dipped it into a bucket of red paint.



The national flower of Cuba is a white and yellow ginger bloom. Originally from India it naturalized and became so ubiquitous it was chosen for that role.

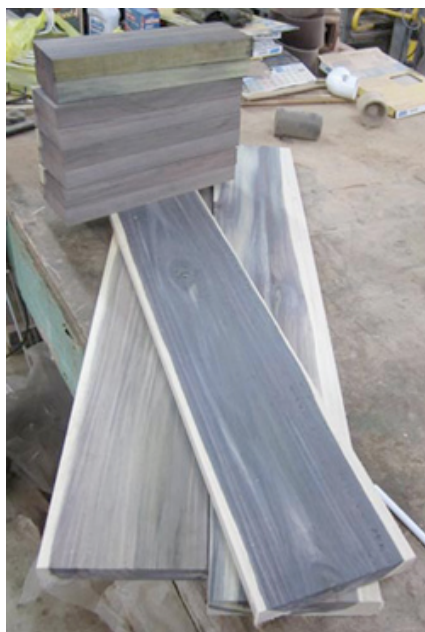


Blue Mahoe Tree

The Blue Mahoe (*Taliparati elatum*) tree is indigenous to Cuba and Jamaica and has gold, orange, and red flowers all on one tree which blossoms resemble hibiscus blooms.

In the past, the Blue Mahoe was extensively harvested for its unusual blue heartwood. The wood was made into furniture and decorative items.

Sadly, because of the extensive harvest and the lack of conservation there are few Blue Mahoe trees left in Cuba today.



Blue Mahoe Heartwood

Cuba has relied on tourism since the collapse of the Soviet Union in 1993 to bring in the extra money for luxuries like newer cars, TVs, and cell phones. The Canadians and the French are the most frequent visitors, followed by Dutch and Germans, British, Italians, Australians, and very few Americans since the new President took office. Cubans seem to recognize the corruption endemic in their politics, which leaves their infrastructure crumbling, their capitol too, and their taxes at 80%. The Cuban people seem to be fairly content, even happy, enjoying friends and family, musical social gatherings, and baseball and swimming in the regional park pools and waterfalls. Regarding their government, it's sort of a resigned shrug. They receive quality, lifetime medical and dental care, and free education up to a PhD if they pass exams. There is sporadic internet and TV, including CNN from the USA, Spanish-captioned American shows, and native shows also.



We ventured into some remarkable areas of flora and fauna. Parque Guanayara is located in Topes de Collantes. An easy-to-intermediate hike follows the Guanayara River for a few kilometers up to the Salto El Rocío, a beautiful waterfall, which concludes with the Poza del Venado, featuring a natural pool in which visitors can, and do, cool off. Along the trail there are thrilling views of Pico San Juan, one of Cuba's highest mountains.



There is one species of giant bamboo on the island that has been used for building frames, roof thatching, and tough utility containers since the time of its introduction from Asia. This trough made from bamboo leaves was put up in a regional park as a trash receptacle!



In contrast to many Caribbean islands, where litter is strewn everywhere, I was amazed at how clean the streets and countryside were. The people are polite and one never sees spitting, shouting, or scowling. You are not even supposed to blow your nose in public! The people are soft spoken, well mannered, and generally warm, but not intrusive. Judging from the new paint on the houses in the tourist areas, and the polishing of their cars, they are proud to show off what little they have. And with a 97% literacy rate, they are probably better educated than the average American, despite their few possessions. Opera was sung to us by a lady in a cafe, a trio played classical music in the lobby of one of our hotels, and most of our local guides spoke three languages. Needless to say, our trip to Cuba was an enlightening journey.

DID YOU KNOW?

Daylight Savings time starts March 11

In 1634, in the Netherlands, a collector paid 1,000 pounds of cheese, four oxen, eight pigs, 12 sheep, a bed, and a suit of clothes for a single bulb of the Viceroy tulip.

Vanilla flavoring comes from the pod of an orchid, *Vanilla planifolia*. Though the pods are called vanilla beans, they're more closely related to corn than green beans.

The pineapple is a berry. Its name comes from European explorers who thought the fruit combined the look of a pinecone with flesh like that of an apple. Pineapples are the only edible members of the bromeliad family.

Archaeologists have uncovered evidence that grapes were grown to make wine about 8,000 years ago in Mesopotamia (today's Iraq). However, the ancient Egyptians were the first to record the winemaking process about 5,000 years ago. Goes to show, a good idea lasts a long time.

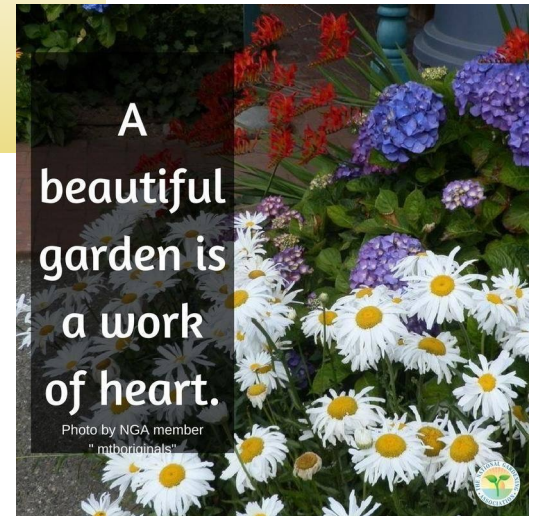
Salud!

* Income from 2/27 RVGC meeting

Ruth Lecheler-Moore, Treasurer

Penny Pines collected: \$67.00

Raffle collected: \$28.00



The Ides of March

Jamie Fox, Newsletterer

Perhaps you're familiar with the saying, "Beware the Ides of March." It's one of the foremost quotes from William Shakespeare's tragedy Julius Caesar. The warning is uttered by a seer who warns Caesar that his life is in danger. The seer tells Caesar to stay home and be aware when March 15th, the Ides of March, roll around.

Back in the BC days, the Roman calendar had only three named days:

- The Kalends (the first day of the month)
- The Nones (the fifth or seventh day of the month)
- The Ides (which fell in the middle of the month usually between the 13th and 15th).

It becomes even more complicated because the exact dates varied from year to year depending on the moon. The named days were reference points to other days of the month, which were unnamed. So, if you wanted to have a bridge party on the ninth, you would have to tell people to come to your house two days after the Nones. I *know*. Kind of makes it hard to have any standing dates, doesn't it?

But as to our friend Caesar, he ignored the seer and when the fated day arrived he joked, "*The Ides of March have come.*" However, the Seer replied, "*Aye, Caesar; but not gone.*"

Caesar should have listened up and trotted home to tend to his garden because March is a good month to start a few plants, do some weeding, turn the soil... You know the drill. But sadly, Caesar continued to a Senate meeting at the Theatre of Pompey, which turned out to be a very bad day at the office.

N.B. Contrary to popular opinion, the Caesar Salad is *not* named after that unwise Roman Emperor, rather it is attributed to Caesar Cardini who created the dish in the 1920's.