

RIVER VALLEY GARDEN CLUB

A PLACE TO GROW

JUNE 2018

VOLUME 15, ISSUE 10

HERE'S THE DIRT



Rooting for You

Nancy Clark, President

Some flowers just embody summer, and Zinnias are at the top of that list. They add color wherever you need it, and being an annual, go from seed to flower quickly. I can't think of an easier flower to grow. They're also well-suited to our area - heat and drought tolerant, and deer resistant. As with purple coneflower, deer avoid the prickly center of zinnia flowers. And they're low maintenance. A little deadheading once in a while encourages plants to keep producing flowers.

A couple of weeks ago, I sowed some zinnia seeds in a backyard planter where there's full sun and lots of summer heat. And after about a week, up popped tiny seedlings. Feeling an instant sense of accomplishment, I think I'll sow more seeds in my front yard, simply sprinkling them wherever I'd like some additional color and in areas where they'll get watered by my sprinklers.

Zinnias are great as cut flowers. With long, strong stems, they stand up tall in vases. And, they're magnets for nectar-seeking butterflies and hummingbirds.

Zinnias come in a wide range of colors, both bright and pastel, plus bi-colors, tri-colors, and crazy-quilt mixes. They're also available in different height and width options. Tall versions reach upwards of 14 inches, and dwarf zinnias peak at 6 to 8 inches. And if you have a hot area in your yard where nothing else seems to grow, there's a spreading variety (*Zinnia angustifolia*) that's even more drought tolerant than common zinnias.

It's easy to save zinnia seeds. Simply let the flowers dry fully on the stem, then collect the seedheads and lightly crush them in your hand to release next year's seed crop. Store them in a cool, dry place as you do other seeds. Not only will you have plenty of seeds for next year, you can pass some along to fellow gardeners and spread the wealth!



Zinnias

Inside This Issue

Rooting for You.....	1
Club News and Events.....	2 - 4
June Picnic.....	5
Photography Contest.....	6
Discounts and Black Spot...	7
Did you know?.....	8

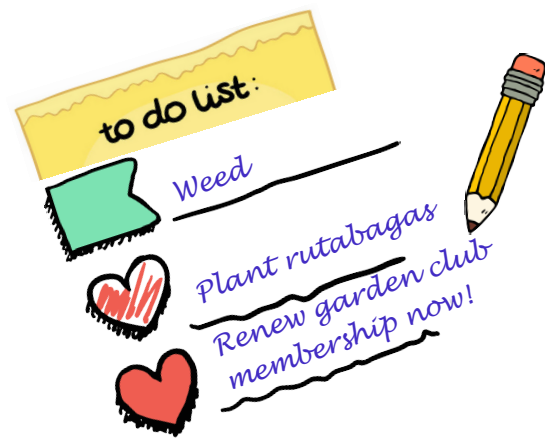


Club News and Events

Don't Wait!

Irene Slavens, VP Membership

Gardenistas! Now is the time to renew your membership. There is no point in waiting, is there? Sign up now for the 2018-2019 membership in the garden club so you can check it off your "To Do" list. Of course you want to keep enjoying great speakers, programs, workshops, and the newsletter. More importantly, your membership helps support our Grant and Scholarship Programs for students interested in Horticulture and/or Agriculture degrees. THAT'S the good work we do! Don't miss out! Send your check today.



Program: Ace Hardware Gardening Event, Saturday, May 19

Debbie Kolmodin, Community Outreach Chair

On Saturday, May 19th, RVGC held it's 2nd annual garden tool sharpening and children's gardening event in front of RM Ace Hardware.

Nancy Clark, RVGC's very own Tool Meister, demonstrated how to sharpen garden tools to visitors who came by to learn the DIY aspect of tool sharpening.

Kudos go to Jack Blaisdell, our youngest club member (age 12), who grew zucchini and presented three stages of potted zucchini plants. He even had a bowl of zucchinis from the large plant to hand out to visitors!

In addition, Jack created a poster showing the ice cream cone method of starting seeds. Jack's project was very precise and presented extremely well. He did an excellent job at explaining why the ice cream cone method is a fun way for kids to germinate seedlings. Adults and kids alike were very impressed with his project. Well done, Jack!

Nancy Compton prepared small peat pots with cuttings from various veggies and plants as giveaways to young gardeners. Kids who came by were excited to choose a pot to take home and plant.

Many thanks to all who participated. Also, heartfelt gratitude to John and Julie Davis for their support of this event, especially the use of the area in front of their store.



Nancy Clark teaches tool sharpening 101



Jack Blaisdell and his three potted stages of zucchini plants

Ace Hardware Gardening Event, cont.



Jack Blaisdell's zucchini plants and beautiful harvest - generously offered to the public.



Debbie Kolmodin's cheerful and creative club sign.



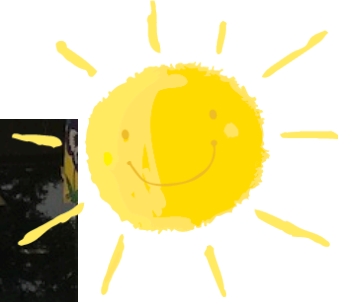
Nancy Compton prepared these peat pot seedlings as gifts to budding young gardeners.



Jack Blaisdell, his mom, Catherine, and Jack's poster board.



Jack Blaisdell, Nancy Clark, Ally Blaisdell, and Debbie Kolmodin with Jack's impressive zucchini project.



Congratulations and thanks go to Nancy Clark and Debbie Kolmodin, Gardenistas extraordinaire, for creating and presenting this terrific event. Not only did it provide public education, but visibility for the club as well.

Debbie Kolmodin, Refreshment Committee Chair

Rosann and I would like to thank everyone who volunteered each month and made delicious and creative treats for our members to enjoy at the monthly meetings. I hope you all enjoyed the different beverages we had each month too. I heard many positive comments!

I will be continuing on as Refreshment Chair but Rosann will be stepping down.

I will miss her delicious mixing of lattes, punches, and teas, but most of all I will miss sharing this position with her. Thank you, Rosann, for all you've done the last two years with beverages. You are a stellar mixologist!

I'm looking forward to seeing you all again in September and to sharing more delicious treats with you.





**“LET’S GET GROWING!”
RVGC ANNUAL PICNIC SOCIAL**

ALL MEMBERS AND GUESTS!

COME AND ENJOY OUR END OF THE YEAR SOCIAL!

DATE: TUESDAY, JUNE 26TH

TIME: 5:30PM

PLACE: RMA BUILDING

BRING EITHER A MAIN DISH SALAD OR HEARTY
APPETIZER AND AN ADULT BEVERAGE OF YOUR CHOICE.
LEMONADE AND ICED TEA WILL BE PROVIDED AS WELL
AS DESSERT!

**** AND WEAR YOUR FAVORITE GARDEN HAT!****

RSVP TO: CAROL PRINZO, rcprinzo1962@gmail.com or

354-9688

WE LOOK FORWARD TO SEEING YOU!



Photography Contest: 29 Days and counting

Fran Hawkins, Chair

Last call to all of the "budding" (excuse the pun) photographers among us. A big thank you to those of you that have already submitted your fabulous photographs. If you are one of those who is languishing with her finger on the shutter release, the clock is ticking. But don't panic just yet. You still have time to claim bragging rights and a spot in the 2019 Calendar. The last date to submit entries is June 30th, 2018.

It's easy and fun to participate. Here's how:

- 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. If you have printed the photo you can bring it to the picnic on June 26, or arrange to deliver it to a committee member. Alternatively, you can email your digital image directly to Irene at: slavens.irene@gmail.com.
- Then, sit back and wait to see your work published in our RVGG calendar.

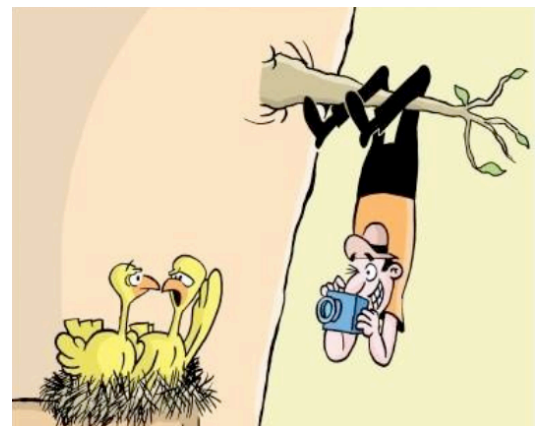
If you have never submitted to the RVGG Photo Adventure before, enter in the *Fresh Adventurer* division which is judged separately from the *Returning Adventurer* category.

Need Technical Help? We will be available to answer any of your questions at the picnic, (which is only four days before the deadline) or you can connect with us by email at any time. 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 remain inspired.



"Pretend you don't notice him."

Nursery Discount Program

Debbie Kolmodin, Chair

This is another reminder that this is the season to get out there and exercise your garden club discount card!

Our website has a [list](#) of all the places you can shop for plants and flowers to receive a discount. Print it out and keep it in the car to help you plan your plant buying trip! If you do not have your club discount card, when you come to the June picnic check the back of your name badge for the card. Badges are located at the Greeter's table. If you have misplaced your card and need a new one it can also be obtained at the Greeter's table.

[Get the discount list here.](#)

Got Milk?

Jamie Fox, Newsletterer

The dreaded Black Spot. Most likely you have come across it at one time or another. Commonly seen on roses, if left unchecked, Black Spot can cause quite a bit of damage. Caused by the fungus *Diplocarpon rosae*, black spot begins just as its name suggests, with black spots showing up on the surface of the leaves. It is nasty stuff and is not going to go away unless you treat it. Common procedure is to spray the rose with a fungicide, but Mother Nature is not so keen on chemicals in her garden. Fear not. There's another solution!

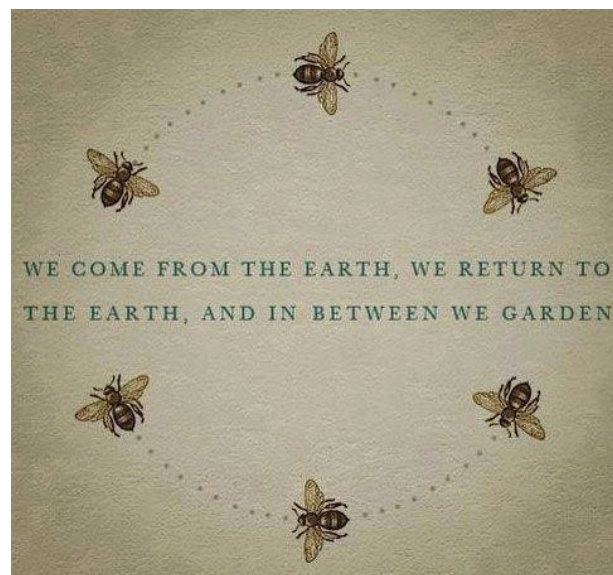
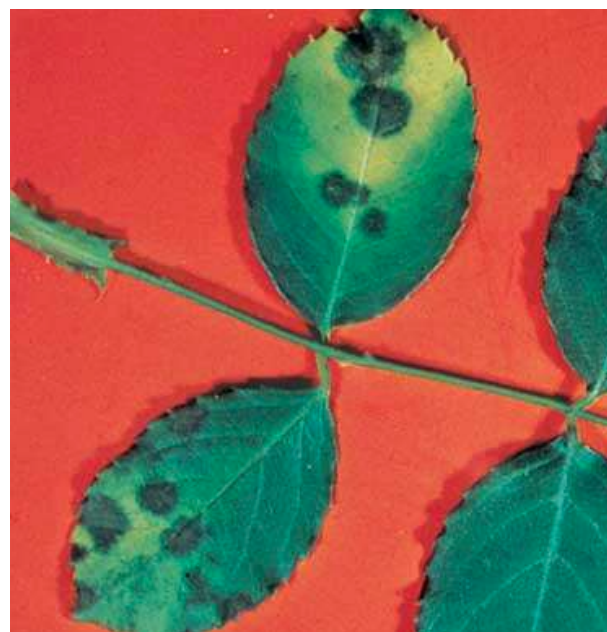
[Kevin Lee Jacobs](#) is a former writer at [Garden Design Magazine](#) and is now a well-known and beloved lifestyle blogger with an emphasis on home, garden, and food. I LOVE him! He is funny, personable, and has a massive following. Kevin has a [interesting article](#) about treating black spot with milk. Yes, MILK. An added bonus is that the milk treatment seems to work as a deer deterrent also. Click [here](#) and you will be whisked away to the article, (with lots of photos) where you can learn all about milk vs. Black Spot (or deer).

Income from 5/23 RVGC meeting

Ruth Lecheler-Moore, Treasurer

Penny Pines collected: \$73.00

Raffle collected: \$60.00



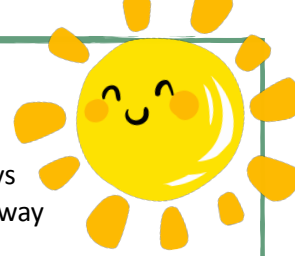
DID YOU KNOW?

Weight loss is the holy grail of health for many people, and gardening can help you achieve that goal, according to a study published in the American Journal of Public Health. Gardeners have a significantly lower body mass index, as well as lower odds of being overweight or obese, than non-gardeners, they found. The average weight loss? About 11 pounds for women and 16 pounds for men.

Call it the "gardening glow" - working with plants provides serious stress relief and positive sensory stimulation, according to researchers from NASA. That's right, the scientists responsible for hurtling humans into space have discovered that gardening can keep astronauts sane and happy in the severe environment of outer space. They found that planting and nurturing seeds, even just in small pots, provided great mental health benefits. And if it helps an astronaut, it can definitely help those of us who just watch them on TV. Now, get to it!



Here Comes Summer Jamie Fox, Newsletterer



Here comes summer, school is out, oh happy days
Here comes summer, gonna grab my girl and run away
If she's willing, we'll go steady right away
Now let the sun shine bright on my happy summer home
Here comes summer

Many of us remember, and still know the tune to, this iconic ode to summer. A one hit wonder, "Here Comes Summer" was a 1958 song, which was written and performed by Jerry Keller. The song spent 13 weeks on the Billboard Hot 100, reaching No. 14. [Sing along here!](#)

But seriously, what ARE we going to do with the summer? We can simply trundle on, living day-to-day, or, we *we can make summer resolutions!* Why not, right? Summer is energizing, (I know, I know - not the 110 degree days) and summer resolutions can be effective because summer is only three months long - rather than the daunting year ahead attached to New Year's Resolutions.

Like New Year's resolutions, summer resolutions need to be achievable and positive. Hence, the one-shot efforts I mentioned in the January newsletter. We can handwrite a letter, call a family member, donate to a lesser known charity, read a book, plant rutabagas, and visit a museum, like our very own Crocker.

The [Crocker Art Museum](#) is a marvelous place with terrific exhibitions. For those with grandchildren under five, there's [Tot Land](#), an experiential, hands-on installation involving a life-size boat with its own 'crew' and surrounding environment. For nature lovers and gardeners, there is the [Nature's Gift exhibition](#), featuring early California paintings from the Wendy Willrich Collection. For an evening adventure, the Crocker even has a [film series](#) in the Courtyard.

These are actions that add to our lives, even if we do them just once. What will be on YOUR list? At the top of mine is to:

1. Listen to more live music - like the sound of the ocean against the shore.
2. Trundle less. I want to actually pay attention to each day, rather than let it drift through my fingers.
3. Bring joy and happiness to my mother who turns 100 in June. She is a wonder!
4. And of course, I want to plant rutabagas. Who doesn't? :-)

In 1913, Dorothy Frances Gurney wrote a hymn that had the following well-known verse. Until we meet again in September, I leave you with this thought.

The kiss of the sun for pardon, The song of the birds for mirth,
One is nearer God's heart in a garden, Than anywhere else on earth.

Happy

