

# RIVER VALLEY GARDEN CLUB A PLACE TO GROW

HERE'S THE DIRT - FEBRUARY 2019

VOLUME 16, ISSUE 5

## Rooting For You Nancy Clark, President

One of the many benefits of belonging to a garden club is the opportunity to glean gardening tips from other gardening aficionados. When knowledge is shared, gardeners pay close attention because the information has been vetted through experience. Who doesn't like to bypass the error part and jump right to the success part? I know I do.

Well! Do I have a gardening tip for you. At our January general meeting, a member asked our speaker, Andrew Rogers, of Rogers Landscaping, if he could recommend plants that are deer proof. His response was that while there are no deer "proof" plants, many are deer resistant. At that, a visitor described a plant called Digiplexis Illumination, which was recommended to her by a landscaper. She said that the deer left it alone and she had experienced great success with it. I knew this was a tip I had to research.

The more I learned about the Digiplexis, the more delightful it sounded. It was introduced less than 5 years ago, and as you can see, it's beautiful. When I found that [Annie's Annuals](#) carried it, I was hooked. Annie's does a tremendous amount of testing before introducing new plants to the public, and many of the nurseries in our area carry Annie's Annuals. Happily, our club has visited Annie's several times. This is a description of Digiplexis from Annie's Annuals:

This new, exciting introduction to the gardening world will knock your socks off! A cross between common [garden foxglove](#) & perennial [Isoplexis canariensis](#), this sterile hybrid doesn't make seed but instead puts all that energy into blooming non-stop Spring thru Fall! Multiple, magnificent, huge, 3' tall bloom spikes hold large, rich Fuchsia-pink flowers with spotted golden throats. Makes a STUNNING cut flower! Tropicalesque in color & feel, they're fantastically staged above the dark green foliar mound to 24" across. Easy to grow, give it good loamy soil with compost added to see what it can do! Adapts to full sun thru bright shade - think of the possibilities! Seems to be longest-lived in a container - at least 20" in diameter.

Attracts hummers, butters, and bees!

I'm really looking forward to adding Digiplexis to my front yard this season. It will go nicely with the re blooming azaleas and lantana recommended by another club member.

Knowledge is powerful, especially when it is shared. If you have gardening knowledge gained from experience or years, don't forget to submit your pearls of wisdom to either me, or Jamie, for the newsletter. Do you have a favorite tool, flower, or experience with how you overcame a certain gardening obstacle, or what the deer leave alone in your yard? We all have become a gardening expert in something through trial and error. Why not share it?



*What's Not to Love?  
"Digiplexis Illumination"*

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## District Meeting

### Irene Slavens, Membership Chair

I loved going to the District Meeting and definitely plan on attending more district events in the future. We enjoyed creating the bird nest “sock” filled with goodies to help our local feathered friends build nests. Our table was next to the supplies and we had fun even though the cat tail fluff covered everything. I especially liked learning what each club was doing for activities. In particular, Heidi’s talk about hill planting interested me. It is a method of putting a small log in a trench, filling it with dirt and plopping in a small fruit tree. Something I’ll try this spring. Truly, if you haven’t been to a District Meeting, you’re really missing out.



(Front )Debbie Kolmodin, Irene Slavens, Ellison Cowles, Berniece Jones, (back) Rosann Stevenson, Debra DeVerter.

## January Speaker

### Jamie Fox, Newsletterer

Andrew Rogers, our January Speaker, focused on “Landscaping for Success,” and if you weren’t there you missed a great opportunity to learn important aspects of landscaping from a gregarious and knowledgeable young man.

After his talk, Andrew took questions and shared with us reference links to enhance our landscaping planning and planting knowledge. Here they are for your researching pleasure.

1. The University of California Division of Agricultural and Natural resources has a [fantastic data base of plants categorized by their water use.](#)
2. All you have to do at [Plantmaps.com](#) is enter our zip code and you will be whisked away to helpful hardiness and climate data for Rancho Murieta.
3. The Monrovia company has a [terrific plant catalog](#) where one can search for the perfect plant from a database of thousands by selecting from filters they provide.
4. To learn more about the quality landscaping created by our January guest speaker, visit his company’s website at <https://www.rogerslandscaping.com>. There you can read testimonials, see Before and After photos, and learn about the services Roger’s Landscaping offers.

Your new landscaping awaits.



*Andrew Rogers*



## February Speaker

**Nancy Compton, Programs Chair**

### Garden and Nature Photography Topic of February Meeting

Our February meeting will feature Master Gardener Jan Fetler, a former member and nature photographer who will demonstrate various strategies for taking powerful photographs of things found in nature and in our gardens.

Jan purchased her first camera in the early 70's so she could take pictures of the beautiful wildflowers that grow throughout our region. Flowers, both wild and domestic, are Jan's passion, and she enjoys both growing and photographing them. This passion includes helping others see the world through her lens.

In 2002, Ortho published some of Jan's pond construction photos in their Water Gardening books. In 2012, Jan and Chris Wassermann published, "Sacramento County Wildflowers," featuring Jan's habitat photos and Chris's watercolor close-up paintings.

Jan's photos appear annually in the Master Gardener calendar and regularly on their Facebook page. You won't want to miss our meeting on Tuesday, February 26, so you can learn how to take lovely photos of your garden. Jan's presentation style is lively and comfortable. This promises to be an evening not to be missed.

As always, our social hour begins at 6:30 pm. with ample time to chat with other members, munch on a cookie, and purchase raffle tickets.



*Jan Fetler*



## 2019 Speaker Programs

DATE	TOPIC	SPEAKER
February 26, 2019	Garden Photography at its Best	Jan Fetler, Master Gardener and published photographer
March 26, 2019	The Importance of Monarch Butterflies in our World	Eltha Hannum Butterfly Chair, California Garden Clubs, Inc.
April 23, 2019	Garden Myths	Marlene Simon, The Plant Lady
May 28, 2019	Japanese Maples	Greg Gayton, Green Acres Nursery

## January Meeting Raffle Proceeds

### Vivian Baier, Raffles

Wow! The raffle at our January 22nd meeting was incredibly successful. We made \$88.00 in one night. As you know raffle revenue underwrites our community projects, so your raffle donations have long legs. A huge thank you to members who have been so generous to donate lovely items and members who support RVGC by buying raffle tickets. The club appreciates you all very much.

## Raffle Donations Needed

### Vivian Baier, Raffles

A steady supply of raffle items is needed to ensure the success we had at the January meeting, so please check your cupboards (or extra Christmas gifts) as we need support from all our members. This year our raffle will consist of items donated by garden club members. You are invited to bring a raffle item (which doesn't have to be garden related) to our meetings. Let's make it interesting! We all have items that we are tired of but could be a treasure to someone else. Please bring your donation by 6:30 pm so there is time to include it in the raffle that evening. If you have any questions, call Vivian Baier at (586) 930-2105.



*Mother Nature sends you Valentine's Day greetings all year long.*

*Will you be her Valentine?*

Membership  
Irene Slavens, Chair

We are delighted to extend a warm welcome to the following new members.

Carrie Dodson, Ann Wolf  
Muriel Zetter, Eileen Erickson  
Isabel Whaley and Donna Hansen

## The Photo Adventure is back! Fran Hawkins, Photo Contest Chair

Photo Adventure, 2019

The photo committee would first like to extend a big thank you to all the 2018 photo adventurers for their amazing contributions to last year's contest which made it possible to create our fabulous calendar. This contest would not be possible without your continued participation.

For this year's contest we invite you to take the adventure up a notch. Take a walk on the wild side and go on safari with us to hunt down some great pictures of "critters" in a garden setting.

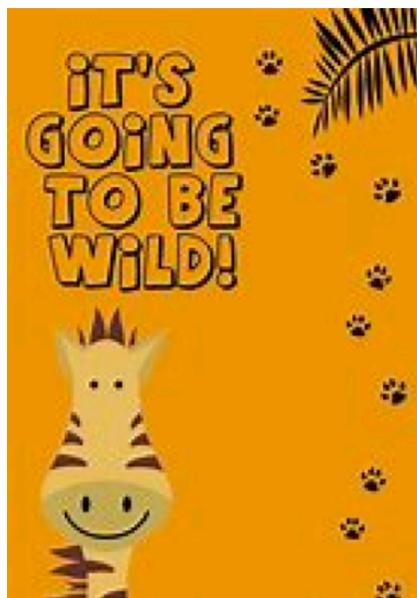
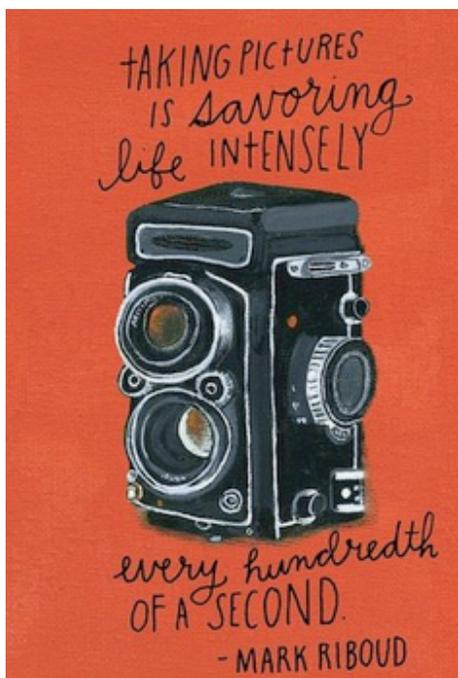
For our garden safari we are looking for anything from a lady bug to a deer, or even a fake turtle if you want to play it safe. It can be anywhere in the world but the "critter," live or inanimate, must be in a garden setting.

It is easy and fun to participate.

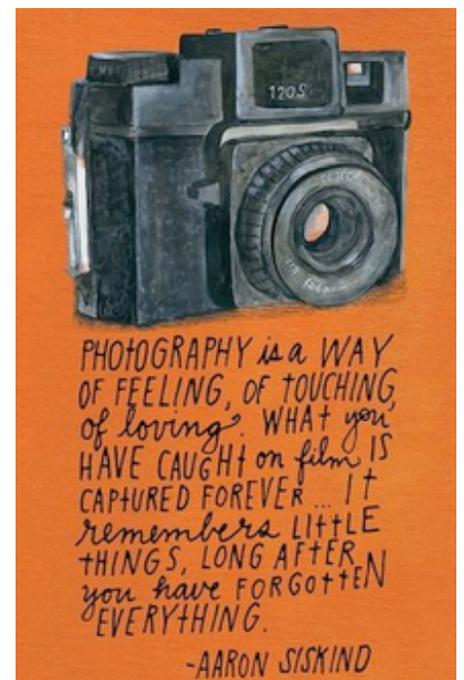
- Find a garden setting, hunt down your "critter" or simply frame your fake "critter" or live fur baby smelling the roses, or patiently wait for a bee or hummingbird to land on your favorite flower.
- Take a photo!
- Submit your entry. Deposit it in the box which will be with our greeters at our garden club meetings. Or, hand it to any committee member. Alternatively, send your digital image directly to Irene at: [slavens.irene@gmail.com](mailto:slavens.irene@gmail.com).

## Need ?

- Never fear help is at hand, be it technical issues, how to transfer an image from phone to print, or how-to anything. We will be available to answer questions at the RVGC general meetings between 6:30 –7pm , or we can assist anonymously and no questions asked! Contact Irene at: [slavens.irene@gmail.com](mailto:slavens.irene@gmail.com) or Fran at [fdhawkins@gmail.com](mailto:fdhawkins@gmail.com). Check out full contest details [here](#):



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## Local Events (Gearing up for Spring)

### Sustainable Food and Farm Conference

February 7 - 10, 2019, Nevada Union High School, Grass Valley  
Friday 12 pm - 7 pm, Sat. 10 am - 6 pm, Sun, 10 am - 5 pm

Here's something different for you. The Food and Farm annual conference has over 1,000 exhibits, free workshops, a landscape design competition and showcase, along with DIY ideas, interior design and special features. Don't miss this terrific early season opportunity to put on one's gardening hat and obtain some great design ideas. Admission is \$10 per person. There is lots more info [here](#).



### 95th Annual Sacramento Camellia Show

March 2 - 3, 2019, Memorial Auditorium, Elks Lodge, 6446  
Riverside Blvd., Sacramento

Hours are Saturday, 3 pm - 6 pm and Sunday 10 am - 5 pm.  
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, and a display by Sister City, Matsuyama, Japan. There will be over 200 camellia plants for sale at the show. Many of the varieties are not available for purchase locally. You don't want to miss this inspiring local event. Find out more [here](#).



### Shepard Garden & Arts Center Spring Sale

March 16 - 17, 2019, 3330 McKinley Blvd., Sacramento

This is every gardener's "not to be missed" event. It is attended not only by the Center's club members, their friends and neighbors, but also by people from throughout the region. During this two day sale, Shepard Garden and Arts Center clubs are offering plants, garden items, pottery, jewelry, books and collectibles for sale. Food will also be available.

In past years over 2,000 people attended this event, so you might want to get there early for the best pickings.

**SPRING SALE**  
Shepard Garden & Arts Center  
3330 McKinley Blvd, Sac.,  
95816, East McKinley Park

**16 - 17 March 2019**  
Art,  
Plants,  
Jewelry,  
Flowers,  
Antiques, &  
Crafts  
For Sale!

FREE ADMISSION WWW.SGAAC.ORG  
**OPEN 10 AM TO 4 PM**

## Madman Bamboo

Saturday, March 23, 2019, 9 am - 3 pm, Shepard Garden and Arts Center, 3330 McKinley Blvd., Sacramento

Madman Bamboo will be at the Spring 2019 Perennial Plant Club Sale at the Shepard Arts and Garden Center. Sean, of Madman Bamboo, is bringing mostly clumping bamboo plants with some unique running bamboo plants to Shepard Garden and Arts Center. Plants are sold on a first come, first served basis. Arrive early for best selection. You can text Sean at (916) 300-6335 to verify varieties before making the drive.



## San Francisco Flower & Garden Show

March 20-24, 2019, Wed. - Sat. 10 am - 7 pm, Sunday 10 am - 6 pm, Cow Palace, 2600 Geneva Ave. Daly City, CA 94014

Stroll through gorgeous designer gardens, with artfully arranged plants, trees, and flowers in full bloom. See the designs and watch the demonstrations by world-class floral designers.

Discover how to create your own remarkable garden with hands-on demonstrations and inspiring seminars.

Meet professional gardeners and nursery owners who can answer all your questions and help solve those nagging problems.

Browse a wide selection of specialty shops featuring unique flowers, plants, gifts, tools, and more. Learn how to grow and prepare fresh, home-grown food.

You can attend the show or be part of it. Either way, be sure to be there! [Click here for more information.](#)





## *Club Events and Opportunities*

### **Have you ever wanted to be a published author? Debbie Kolmodin, Community Outreach Chair**

Do you like to share ideas or have an interest in gardening or landscaping that might be of interest to readers of RM Neighbors Magazine? I would like to welcome you all to try your hand at writing a short article to submit on behalf of RVGC Community Outreach! We have been invited by the editors of RM Neighbors magazine to submit gardening articles of interest to be published as often as we like! We now have a monthly column in this magazine and a voice to the readers!

We're very excited to share this great news with you all and encourage each and every member to put on your thinking caps and write an article. Please submit your article to Debbie Kolmodin at [cagodmother60@gmail.com](mailto:cagodmother60@gmail.com).

I will read your article and confirm with you before I submit the article to the magazine. Photos are also welcomed to accompany your article. Let's make this a fun group project!

Coming next month .....News from CRES Kids Garden Club!

### **Field Trips and Tours Sharon Barton, Tours Co-Chair**

There are some fun events coming up for RVGC members:

#### **1. Saturday, March 2nd, 2019 - [The 95th Annual Sacramento Camellia Festival](#)**

As you probably know, Sacramento is called the Camellia capitol so this is always a great event. This year it is being held at the Elks Lodge at 6446 Riverside Blvd. The judging takes place in the morning (the doors open at 7:30 am for exhibitors if you wish to enter a camellia) and then opens for the public at 3 pm. There are Camellias to admire and Camellias to purchase. It is lovely!

We can either go at 3 pm or enjoy a group lunch first. I suggest Scott's Seafood on the River, which is nearby at 4800 Riverside Blvd. If you wish to attend, please sign up at our meeting on Feb 26th, or contact me by email or phone.

#### **2. Saturday, March 9th, 2019 - The Daffodil Show at [Ironstone Winery](#) in Murphy's CA**

The 2019 Daffodil Show is brought to you by the Northern California Daffodil Society and the Calaveras County Garden Club. On the country road to Ironstone Vineyards you will marvel at the daffodils along the roadside. At the winery, you'll be greeted by spectacular barrels of brightly blooming daffodils and tulips. The show will display captivating daffodil exhibits in horticulture, artistic design and photography. There is also a deli open from 11:30 to 3:30 pm for a delicious lunch. We will carpool at 10 am. Sign up at the meeting Feb 26th meeting (unless you did at the Jan. meeting) or email or call me.

**3. Bird Tour pending.** I have contacted Gary Fregien of the Audubon Society and will let you know if we can arrange a tour in Rancho Murieta.



## River Valley Garden Clubs 1st Ever “Sip and Create - Girls Night Out” Nancy Compton, Workshops

Enjoy an evening of wine, snacks, and creativity. The River Valley Garden Club is holding its first-ever “Sip and Create - Girls Night Out”.

- Who? Our instructor will be Dori Barrett of [High-Hand Mercantile](#) who will guide us through our creative journey. Sign up now!
- What? While sipping tasty wine and enjoying yummy snacks, you will be creating a lovely botanical collage to hang in your home or give as a gift.
- Where? RMA Building
- When? Friday, March 22, 2019, 6 pm



*Picture yourself here*

### **Rats! Natural Remedies** **Carrie Dodson, Treasurer**

I recently noticed some rat droppings around my property and called my pest company out of concern. The technician who came to save the day told me that an effective chemical to kill rats had been taken off the market in California a couple years ago and since then the rat population has quadrupled!

Additionally, he said that once a house is 'marked' with rat droppings and urine, other rats will continue to arrive because of the smell, even if it is unnoticeable to us. He mentioned that although one can still use traps or poison the rats on your premises, there is a better way.

The best long term solution he says, is to use organic deterrents like concentrated peppermint and rosemary oil around the property. My wise pest guy suggested planting rosemary and peppermint *in pots* around the yard as both can become invasive in the garden.

For people who already have a rosemary plant, he said to put a few rosemary branches in a bucket of water and let them sit in the sun for a few days. Then put the 'rosemary water' in a 10 gallon sprayer and spray around the areas of the home most likely to be penetrated by pests - eaves, air vents etc. Who knew?

I wonder if it works on squirrels?

## My Mailbox is Starting to Quiver

Jamie Fox, Newsletterer

Do you feel it? There is a rustling in the Force. Energy is gathering to deliver us glorious compendiums of possibility. You got it. It's catalog time.

I don't know about you, but two of my most relaxing pastimes are perusing cookbooks and gardening catalogs. I sit, kicked back in my desk chair with my feet upon my desk, and slowly thumb through catalogs or cook books, and imagine.

In case your mailbox is still coming up empty, here are some online catalogs from some of my favorite seed companies so you can start your own imagining.

[Seed Savers Exchange](#): The granddaddy of the heirloom seed movement, the SSE catalog features a good range of heirloom vegetables, herbs, and flowers. But if you really want to be impressed, become a member and you'll receive the seed exchange catalog with thousands of seed varieties being saved and offered by other members.

[Nichol's Garden Nursery](#): I have been buying seed from this company since the 1980s. I'm serious. A family owned gardening business since 1949, Nichols started off selling unusual herb seeds and now carries a wide array of seeds and gardening supplies as well as cooking, brewing and craft supplies. For a downloadable PDF of their 2019 online catalog, [click here](#).

[Renee's Garden](#): Founded as Shepherd's Garden Seeds in 1985, I was probably one of its first customers. There was an enticing, but whimsical, catalog that had recipes woven through its pages utilizing the plant grown from the seeds for sale on that page. I hung on to those catalogs just because of the recipes. Owner Renee Shepherd pioneered the introduction of *international* vegetable, flowers, and herb seeds to home gardeners and gourmet restaurants. From the pages of that hallowed catalog I bought my first Mizuna mustard greens. Featuring only non-GMO seeds, you too can order Mizuna mustard greens online. Click [here](#) for the complete online catalog.

[Seeds of Change](#): Their motto is "Goodness from the ground up" and this organic company can provide you with everything from seeds to fruit trees, cover crops, tools, and know-how. Founded in 1989 they are dedicated to preserving the heirloom seed varieties in danger of being lost to the "advances" of industrial agriculture. They also offer tempting color [recipes](#) on their website, and Costco carries SOC's delicious ready to heat rice dishes. Click [here](#) to download the online catalog.

[High Mowing Organic Seeds](#): Located in Wolcott, Vermont, this family-owned company starting growing in 1996 with 28 seed varieties in the back yard of the company's founder. With 100% organic, non-GMO seeds and free shipping on orders over \$10, you can either shop online or request a [paper catalog](#).



## DID YOU KNOW?

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The most popular theory about Valentine's Day's origin is that Emperor Claudius II didn't want Roman men to marry during wartime. Bishop Valentine went against his wishes and performed secret weddings. For this, Valentine was jailed and executed. While in jail he wrote a note to the jailor's daughter signing it "from your Valentine".

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Many believe the X symbol became synonymous with the kiss in medieval times. People who couldn't write their names signed in front of a witness with an X. The X was then kissed to show their sincerity.

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Every Valentine's Day, the Italian city of Verona, where Shakespeare's lovers Romeo and Juliet lived, receives about 1,000 letters addressed to Juliet.

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There are about 220,000 wedding proposals on Valentine's Day each year.

Will you be mine?

yes  
 yes

## Did You Know? Jamie Fox, Newsletterer

The illustration below is so glorious that it deserves a large portion of the page. Many thanks to Debbie K. for sending it for the newsletter.

Should you not know his work, Rumi was a 13th century Turkish-Persian mystic, turned poet. He encouraged tolerance, peace, and compassion, feelings not unlike the after-effects of several hours of gardening.

Rumi is credited with originating the dance of the whirling dervishes, which is a form of Sama, or praise.

Here's how to give it a 'whirl'. Stand in the middle of a room, stretch your arms out to your sides, and spin. Something happens to my head when I spin for awhile, let alone turning 2,000 rotations. Thus, one could very well believe that there is something mystical going on. Or more likely, I'm just dizzy. If you're a bit wary of spinning around in the living room lest your family think you've gone a bit daft, [watch these guys](#). They're amazing. Maybe you'll feel a bit of the after glow.

May your winter roots become riotous!

