

# RIVER VALLEY GARDEN CLUB

## A PLACE TO GROW

OCTOBER 2019

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HERE'S THE DIRT

### Rooting for You

Pam McCabe, Co-President

A persistent belief is the power of garlic to ward off vampires. Probably the most popular theory of the origin of the vampire is the disease porphyria, a term for several diseases which are all caused by irregularities in the production of heme, a chemical in blood. Some forms of this disease cause sufferers to be sensitive to light and leads to disfigurement of the skin, including erosion of the lips and gums. These factors could have led to the corpse-like, fanged appearance that we associate with vampires and their dislike of sunlight. Interestingly, people who suffer from porphyria also have intolerance to foods that have a high sulphur content...such as garlic.

In keeping with a Halloween theme (to ward off vampires), I want to share garlic planting information. This is the time to plant garlic for a mid-June harvest. I enjoy cooking with garlic and started planted it about five years ago.

First you must decide where to plant your garlic. Garlic prefers to be grown in full sun. Don't plant garlic where other allium crops (onions, garlic, chives, scallions, shallots, and leeks) were planted in the last 3 years. I rotate my garlic crop each year to a different corner of my vegetable garden. Since garlic is harvested in mid-June in our area, you have to consider what crop to plant in the same space that will have time to produce before frost. At the Sacramento Master Gardener Demonstration Garden, garlic was planted in wine barrels, so container planting is an option to consider.

Next consideration is where to get your garlic bulbs. If you harvested garlic last June, you can save your largest cloves and plant them. If it is your first year planting garlic, you can purchase garlic bulbs at local nurseries or you can buy organic garlic at a farmer's market or grocery store. I have had my best crop from a garlic called 'California' purchased at Green Acres. They have several other varieties but I would not recommend them.



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## Rooting for You, Cont.

When you are ready to plant, dampen the soil. Separate the cloves without removing the skin. Select the largest cloves for planting and eat the smaller ones! The day before I plant my garlic, I soak the cloves overnight in a solution of kelp or fish emulsion (4 tsp. kelp to one quart of water).

Plant the cloves with the pointed end up, about 1-2" deep in the soil. Rows should be about 12" apart and cloves planted 4-6" apart. Place a layer of mulch on top of the rows. I prefer crushed leaves for mulch but straw can also be used. I use drip lines to water weekly when there is no rain.

When the garlic plants are nearing harvesting, the tops begin to turn yellow. Stop watering two weeks prior to harvest. After harvesting, cure the garlic in the shade or indoors. I tie them in bunches and hang them in the garage to cure a couple weeks before storing for use. Then next October, with your harvest of garlic, you won't have to worry about vampires!



# Garlic Planting & Growing

Words by Marybeth Janerich (Wasatch Community Gardens) & Pete Rosenzen (Sandhill Farms)

## Plant

Fall (mid-Oct. to mid-Nov.)

- Till crumbly, well-drained soil.** Mix with multiple-component compost.
- Plant in full sun.** Plant cloves 2-4" deep, 6-8" apart, all oriented in the same direction. Keep the wrappers intact.
- Fill the hole and give one good tap.** Remove any loose garlic wrappers from the soil surface.
- Mulch with 6-8" layer of straw or chopped leaves.** No need to water in the newly planted cloves.

## Care

Spring (mid-May through June)

- Water heavily once a week.** Garlic prefers deep, irregular watering rather than consistently moist soil.
- Early weed management is very important.** Garlic does not compete well with weeds.

## Harvest

Summer (2nd week of June)

- Harvest scapes at the first loose curl.** Stop watering at this time.
- Snip scapes at 1/2" above where they emerge from the plant.** Leave one scape intact. When the scape unfurls at a 45-degree angle, it's time to harvest the bulb!

For more detailed tips, tricks and how-tos on growing your own garlic (along with countless other garden goodies), visit Wasatch Community Gardens and Sandhill Farms' websites at [wasatchgardens.org](http://wasatchgardens.org) and [sandhillfarms.org](http://sandhillfarms.org).

Illustration by Christian Broadbent madetrue.com

## Club News and Events

### Don't Wait!

#### Judith Embree, VP Membership

Gardenistas! It's time to renew your membership.

Membership is *only* \$25 and you will have access to all the great programs, workshops, and tours planned for our 2019 - 2020 season.

Don't miss out. Get the membership renewal form [here](#).

You can either bring the form to our next meeting on October 25, or mail it to the RVGC at P.O. Box 711, Rancho Murieta 95683.

Join your friends and gardening compadres and renew now. Don't let us have all the fun without you.



### October Speaker

#### Berniece Jones, Programs Chair

Sue Golden, owner of Golden Pond aquatic plant nursery, will be the featured speaker on October 22 at the River Valley Garden Club meeting. The topic will be "Table Top Water Gardens and Floating Plant Arrangements."

Sue has a Bachelor of Science in Ornamental Horticulture/ Landscaping Design from Cal Poly, San Luis Obispo. She started Golden Pond Nursery 25 years ago to supply her landscape design clients with aquatic plants. Sue specializes in designing and planting aquatic features from small water gardens to large ponds.

Sue will be demonstrating the construction and planting of miniature water gardens and floating arrangements, using aquatic plants and house plants.

Need some holiday gift inspiration for gardeners and non-gardeners alike? Sue will be bringing a few plants and small water features to sell. If you would like a preview, check out the inspiring photos on Golden Pond's [website here](#).



### RVGC HOLIDAY PARTY

Carol Prinzo, Chair  
SAVE THE DATE!

Our holiday party will be held on Sunday, December 15th, 3 p.m. at the RMA building.

I will be circulating a holiday party committee signup sheet at the October meeting.

Our parties are always a lot of fun, so don't miss out on this opportunity to participate in planning a terrific event!

## Raffle Donations Needed

### Vivian Baier, Raffles

Should you not know, all the money from the raffles goes to underwrite the club's community projects. 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 don't bring us the same joy, but could be a treasure to someone else. If you have items to donate, please contact Vivian Baier at (586) 930-2105.

## Sacramento River Valley District News

### Nancy Compton, District Liaison

The fall district meeting will be Tuesday, Oct 15 at Shepard Garden & Arts Center. All members are invited to attend.

Lunch cost is \$10.00 and we will meet at 8:00 a.m. at the RMA building to car pool if you desire. Reservations must be made by Thursday, Oct. 10. Call Berniece Jones at 916-354-2873 to reserve your spot.



## Sacramento River Valley District Fall Sale, October 6 & 7, 10 a.m. to 4 p.m.

### Nancy Compton, District Liaison

The annual fall sale for the [Shepard Garden and Arts Center](#) is arriving early this year and the SRVD will have a booth again this fall.

Each garden club is required to donate items to the sale. Please check your gardens to see if there are any plants that can be divided and given to our club for this sale. We are interested in plants, crafts, and any garden art type of items you may have new or want to re-gift. If anyone needs plastic containers to contain your donated plants, I have a lot and can get them to you. Since the sale precedes Halloween, seasonal items would be appropriate. I will collect and take the items to the sale on Friday, October 5th. Please contact me and we can arrange for handoff of donations.

This sale has many vendors with unique crafts, plants, jewelry, antiques, etc. I hope you have a chance to visit Shepard Garden that weekend and stroll through the booths which offer great bargains.

Berniece Jones, 7465 Colbert Drive, 916-354-2873



Dear Garden Club Members:

The Sacramento River Valley District, of which our club is a member, will be holding its Fall Garden Sale per the following schedule:

*Saturday and Sunday, October 5 and 6*

*10 a.m. to 4 p.m.*

*Shepard Garden & Art Center*

*3330 McKinley Boulevard, Sacramento*

This sale is always a lot of fun, with multiple garden clubs participating, as well as groups and/or individuals that specialize in succulents, organic gardening, native gardens, Talavera pottery, and garden art. It's an event not to be missed! Our district is now looking for items to sell and welcome donations. Examples of donations could be plant starts (or well established), cuttings, bird houses, wind chimes, succulent gardens, garden art, painted and/or glazed pottery...in short...anything related to gardening.

Donations should be taken to Berniece Jones' home at 7465 Colbert Drive **ON OR BEFORE Thursday, October 4.**

***Questions?***

***Contact Berniece Jones (354-2873) or Nancy Compton (354-0354)***



## Upcoming 2019 RVGC Events



mark your **Calendar**

Workshop	October, 2019			Nancy Compton	RMA Bldg.	Painted Rocks	
Field Trip	October 21, 2019	Monday	10:30am	Flower Farm in Loomis	RMA Bldg.	Located in the middle of a working citrus orchard, the Flower Farm has mature gardens and expansive lawns to stroll, as well as a huge vegetable garden. <a href="https://www.flowerfarminn.com/">https://www.flowerfarminn.com/</a>	Meet at the RMA bldg. at 9:30am. Contact Sharon Barton to sign up.
Program	October 22, 2019	Tuesday		Sue Golden from Golden Pond Aquatics	RMA Bldg.	Aquatic Plants	
Field Trip	November 22, 2019	Friday		Hollandale Nursery, Lodi	RMA Bldg.	Poinsettie Grower	TBD

### Field Trips You Don't Want to Miss

Sharon Barton, Tours Chair

1. Monday, October 21st, we plan to visit *The Flower Farm* in Loomis CA. Located in the middle of a working citrus orchard, The Flower Farm has mature gardens and expansive lawns to stroll, as well as a huge vegetable garden. Rich in history, The Flower Farm offers an inviting bed and breakfast and a cozy café that serves delicious food for both breakfast and lunch. It is also home to an inspirational nursery, an eclectic gift shop, and a tasting room for Casque Wines.



We will meet at the RMA at 9:30 a.m. and carpool for a tour of the gardens at 10:30. This is a lovely setting in the orchards with vegetable and flower gardens which include unusual perennials and succulents. We will have lunch at their café, which features produce from the garden. [Check out their website](#) for more information and menu. Please reserve with me by email or phone (354-0408) by October 18th.



2. On Friday, November 22, we will have the opportunity to visit *Hollandale Nursery* in Lodi as their great array of Poinsettias will be ready for purchase. Stay tuned for time and signup information which will be sent in early Nov. We will carpool to the nursery.



Please contact me if you have any questions. I hope you can join us and you are welcome to bring a friend.



## Refreshment Opportunities

Nancy Miller, Refreshment Co-Chair

Bakers and snacks and gardens, oh my! Have you discovered that gardeners are also the best bakers? With that in mind, the refreshment committee invites you to volunteer to provide refreshments for one of our monthly meetings. We're creating a list of bakers and those who would like to share garden produce (zucchini bread?) as one of our refreshments. Contact either Debra DeVerter ([ddeverter5@yahoo.com](mailto:ddeverter5@yahoo.com)) or Nancy Miller (707-628-4958) ([nancy\\_miller@live.com](mailto:nancy_miller@live.com)) regarding available dates to provide a refreshment. A sign-up sheet is also available at the monthly meeting.



## Nursery Discount Program

Just a friendly reminder to make sure you take your RVGC discount card when you head out to pick up plants for your winter garden. There are nine fabulous nurseries waiting to give us a discount.

Our website has a [list](#) of all the places you can shop for plants and flowers to receive a discount. Please note that Home Depot Folsom is no longer part of the discount program, and that The Plant Foundry now has a rewards program rather than a percentage discount. You might want to print the list and keep it in the car to help you plan your plant buying trip. If you don't yet possess your club discount card, when you arrive for the next meeting, check the back of your name badge for the card. Badges are always 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.





## FALL AT FILOLI

An Invitation From Our Friends Across the Way...

**Roseville Better Gardeners Club invites**  
**you to join them for a tour of the**  
**Historic Filoli Mansion and Gardens**

**in Woodside, California**

**Tuesday, October 22, 2019**

**Cost: only \$55.00**

Includes bus transportation, snacks on the bus and admission to the house.

Bring a family member, fellow gardener, or guest... all are welcome.

Sign up early to ensure your ticket!

Reservation must be received by **October 1, 2019.**

Cancellation fee is \$28.00 after October 11.

**Leave:** Boarding at the Maidu Community Center parking lot (1550 Maidu Drive, Roseville, CA 95661) at 8:00 a.m. sharp. Arrive at Filoli about 11:00 a.m.  
Look for the red and white bus: ALL WEST Bus Lines.

**Return:** Leave Filoli at 3:30 p.m.

Arrive at Maidu Community Center about 6:30 p.m.

**Note:** Bring your own lunch or purchase lunch at Filoli's Quail Nest Cafe.

**Questions:** Call Frankie Reed (916-303-0050) or Karen Hallam (916-220-4591)

**Make check** payable to **RBGC** (Roseville Better Gardeners Club) and send it to:  
Frankie Reed 1008 Portside Circle Roseville, CA 95678.

This will be a pleasant day trip to visit the beautiful historic home Filoli and its surrounding gardens. More information can be found online at: <https://filoli.org/>



## RVGC Digs In To Aid The Country Club

Debbie Kolmodin, Chair, Community Projects

Once upon a (recent) time, the Rancho Murieta Country Club reached out to RVGC for help. Would we save the day and rehab the languishing plant beds and containers around the pro shop since a golf tournament was headed to town?

Naturally, the RVGC always rises to these challenges so we said a resounding, YES! We welcomed the opportunity to dig in. Nancy Clark and I made a preliminary reconnaissance to Green Acres in order to create a planting design by putting together plant combinations and choosing plants. As everyone knows, Green Acres is a gardener's Disneyland. We returned to Green Acres on Wednesday, September 11, and loaded up our vehicles with plants, soil, and mulch. RMCC purchased the plants and soon we were on our way to creating a beautiful landscape for all to enjoy.

On Thursday, September 12, Nancy Clark, Nancy Compton, and I worked our magic refreshing and creating the garden areas outside the 19th hole and pro shop of the RMCC. We enlisted Don Kolmodin as a volunteer to transplant the existing plants to a front garden area outside the Pro Shop. He also cleaned up and trimmed areas where needed. A salute to Don for his efforts.

In addition, the multitalented Nancy Clark repaired and replaced irrigation in the planting areas where needed. Nancy Compton put the energizer bunny to shame as she dug, hoed, and replanted the beds, and I cleaned up the transplants and did a bit of hocus-pocus on the containers. Someone made a joke saying that the three of us should start a business and call it *The 3 Hoes*.

Many country club members were witness to our efforts and everyone expressed gratitude and excitement upon viewing the transformation. We made many new friends that day and were thrilled at the appreciation from the members. Everyone became aware of who we are....The River Valley Garden Club!

Since the transformation, I have visited daily to check on the planted areas to ensure that they are watered properly. Some containers lack drip irrigation so it's important to keep these plantings moist. Sandy from the pro shop is also tending to this task.

In the future, RMCC has another planting opportunity for us. If you think you might want to participate in the next rehab, drop by the club and take a look at our wizardry. You're going to love it. We sure do!



RVGC Digs In To Aid The Country Club, Cont.



## Around Town Events

### Amador Flower Farm

An annual event, the pumpkin patch and corn maze are open to the public with no admission fee, 9am-4pm, 7 days/week, through October 31st.

Your family will have a blast solving the corn maze. The littles will enjoy playing in the shaded sand box, finding their way through the hay bale maze, and visiting the farm animal babies.

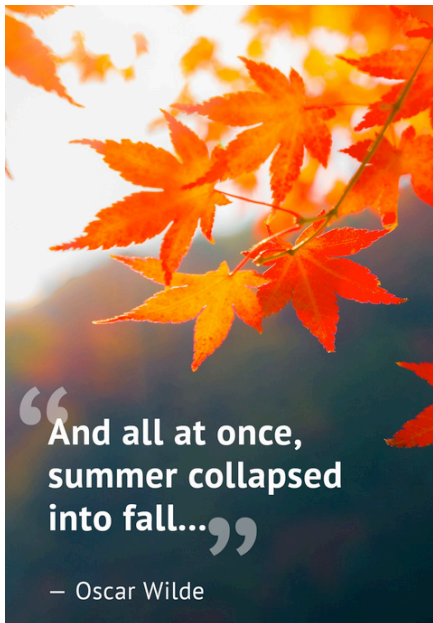
Free tram ride tours of the farm are offered on weekends throughout October (weather depending) and they have LOTS of varieties of pumpkins and gourds that are grown on the farm. Don't miss this fun family event.



### The Lodi Sandhill Crane Festival November 1-3

Long before Lodi existed, Sandhill Cranes descended into the rich delta wetlands at the end of a long migratory journey, some from nesting grounds as far away as Siberia. As they greeted California's earliest explorers, these magnificent birds darkened the skies over winter marshes. In awe-inspiring numbers, and with a prehistoric call, stately gait, and elegant choreography, the Sandhill Crane continues to attract and inspire visitors.

The migratory season of the Sandhill Crane occurs to the delight of both local and visiting birdwatchers. The birds engage in a dance, as well as using a call referred to as trilling, in order to attract potential mates. This yearly spectacle is well worth observing and another reason to plan a trip to Lodi. Don't miss this amazing event. Click [here](#) for more information or [register for a tour](#).



“  
And all at once,  
summer collapsed  
into fall...”

— Oscar Wilde



“THE TREES ARE ABOUT  
TO SHOW US HOW  
LOVELY IT IS TO LET THE  
DEAD THINGS GO.”

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“AUTUMN, THE YEAR'S LAST,  
LOVELIEST SMILE.”  
- WILLIAM CULLEN BRYANT -