



# *Garden Club Newsletter*

November / December 2024

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THIS ISSUE

Article: Rabbits; Featured Herb

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Pollination Presentation  
by Angela Burgelt

## **2024 - 2025 Officers & Board**

President:	Cindi Sokoloff
Vice President:	Mike Burke
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Membership:	MaryRose Gangle
Webmaster:	Susan McDonell
Member-at-Large:	Chuck Fahn
Member-at-Large:	Bonnie Nelson



## *Upcoming Meetings*

December 10 1:00 - 2:30 p.m.  
Palm Room at Eagle's Nest

January 14 1:00 - 2:30 p.m.  
Palm Room at Eagle's Nest



# Rabbits

By Linnea Montplaisir



Seeing a cute, fuzzy rabbit hopping through a garden may be an adorable sight, but when you see it nibbling on a plant, or worse eating them down to the ground, it's a different story; they don't look so cute and adorable anymore! In fact, you start seeing them as a giant herbivore nuisance to your yard.

So, how do you keep them away from your beloved vegetables, flowers, and shrubs. Here are some ideas that might help:

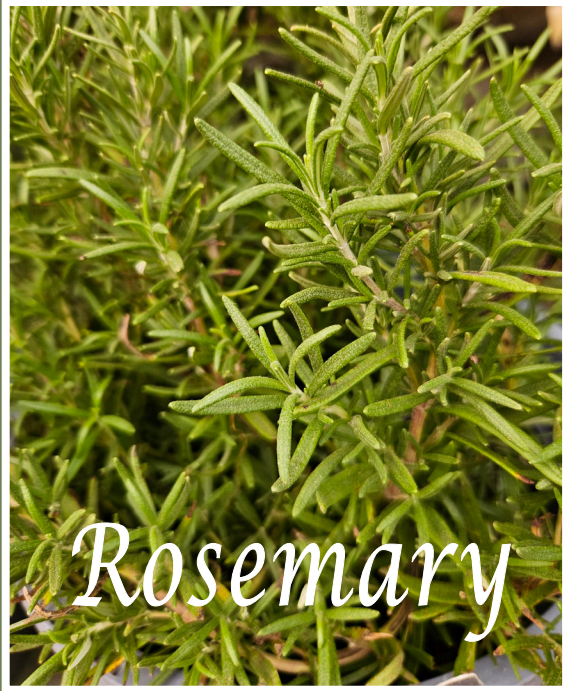
1. **Physical barriers** – fencing or chicken wire (1-inch mesh) around your garden or individual plants. This will protect your plants, but unfortunately, it isn't pleasing aesthetically. Other physical options are motion activated sprinklers to scare pests away, or solar-powered ultrasonic shields with different audible sounds that can be hung on branches or stakes and are effective up to 5,000 sq. ft.
2. **Plants** - there are no guaranteed rabbit-proof plants, but some plants with strong scents or texture might keep rabbits away, including, anything in the allium family, lavender, basil, mint, sages, gaillardia, common butterfly bush, oleander, yuccas, Bird of Paradise, boxwood, bottlebrush, bougainvillea, and prickly cactus, among others. However, keep in mind that if they are hungry enough, they will eat anything!
3. **Repellents** - Plantskydd is a natural animal repellent that is the most tested, longest lasting, and weather resistant up to three months. It is also approved by the Organic Materials Review Institute (OMRI) for use in organic production. It comes in liquid and powder concentrate to cover plants above two feet, and for smaller plants, a granular form to sprinkle liberally where the animal's snout will be. It is 100% safe for people, plants, pets and pollinators. Another deterrent to try are natural repellent pouches that mimic the scent of predators that are easy to hang on branches or stakes to drive rabbits away.
4. **Soil amendments** - blood meal and bone meal are natural soil amendments that make good rabbit deterrents. The scent of these slaughterhouse by-products is enough to make them look elsewhere.
5. **Homemade remedy** - create your own spray out of 2Tbsp. cayenne pepper, 2 Tbsp. garlic powder, 1 tsp. pure castile liquid soap or dawn dish soap, and 5 cups of water. Mix and put into a spray bottle. Spray the plants rabbits usually nibble on until it drips. Reapply every few days and watch to see the results. With smaller plants, you could also try sprinkling the area with garlic and chili or cayenne pepper. Some find it helps, but it is not a scientifically proven method. Important to note, if you have pets that roam your yard and should they ingest some cayenne pepper, it could irritate their stomach. So, use your best judgement.



Since rabbits are most active during dawn and dusk, it is a good idea to spread deterrents before dark. Keep in mind, rabbits can only be fooled for so long before they adjust; so, what works for a while, may not work forever. Change things up!

If you happen to be a homeowner who has an enclosed wall, hats off to you! That gives you one less "plant issue" to deal with.

## Featured Herb



by Jody Ryan

If ever there was an herb fit for our desert heat in Arizona, it is the very versatile Rosemary, *Salvia rosmarinus*, belonging to the mint family, *Lamiaceae*. Its name comes from *Rosmarinus officinalis*, Latin for "dew" and "of the sea." Rosemary is an herbaceous perennial that is available in two varieties, trailing or woody shrub that can grow to a height of 2 to 5 feet. The leaves resemble pine needles, dark green and shiny above with white undersides, and its leaves are edible. Rosemary attracts bees, butterflies, and some birds, and deters flies, cabbage moths, carrot flies, cockroaches, bed bugs, and ticks.

Rosemary is a desert adaptable plant that stays green all year and is frost tolerant for our winters, thereby making it an easy to grow herb as it thrives in hot sun and poor but well-draining soil. It prefers sun to part shade and is very drought tolerant if watered deeply when it is young. If you are new to growing rosemary, start with a small potted plant with good drainage holes. Water once every three to five days to help the root system expand and get established. Important - allow the soil to completely dry out between waterings to avoid root rot. In a small pot you

have the luxury of moving it around to accommodate the sun and heat. After about a year, and once your rosemary is established, it can be planted in-ground.

When harvesting, cut only the top 2 to 3 inches of terminal growth of each sprig before they become woody. The newer leaves are the most fragrant and flavorful. Best time to prune the plant is after the plant's flowers begin to fade. With luck your rosemary will continue to grow and branch out, becoming a pleasant looking shrub. Rosemary is also easily propagated by seed and from cuttings in water or soil.

Rosemary is resistant to most pests and plant diseases. It can be susceptible to powdery mildew in humid climates and garden pests, such as, spider mites, mealybugs, or scale; however, they do not cause much harm if you keep plants in check regularly, and if needed, apply an insecticidal soap or Neem oil.

Today, we utilize this pungent herb in cooking (fresh or dried), as an essential oil in aromatherapy, in cosmetics, for medicinal purposes, and for decorating. Rosemary tea has a following throughout the world as an antioxidant elixir. A tea can be made by boiling two teaspoons of rosemary leaves in water and steeping for 10-15 minutes.



**Fun facts:** Rosemary is said to have originated in the hot, arid, and rocky Mediterranean over 5,000 years ago and continues to grow wild today on the hills of Portugal, Spain, Italy, and France where conditions are ideal for this herb. Rosemary was utilized by some of the world's oldest civilizations, including Egypt, Greece, and Rome. Dried sprigs of rosemary were placed in Egyptian tombs of pharaohs from 3,000 B.C. to perfume the pharaohs journey to the afterlife. It was used medicinally by the Greeks and Romans in 500 B.C., being thought to fight fatigue, enhance endurance, and improve memory. The Spaniards started cultivating rosemary in the 13<sup>th</sup> century to season meat, and by the 16th century, northern Europe had its first taste of this pine flavored and widely aromatic herb. Many cultural traditions surround rosemary. It is put in bridal bouquets for its symbolic reference to love and, conversely, it has also marked the end of life with its inclusion in burial rites through burning

as incense and left on the tombs at burial sites. It has been used throughout the ages to ward off plagues and disease, both by ingestion and use of its essential oils. Modern research has proven its antibacterial, antiviral, and antioxidant properties, and health benefits.

Apparently, my own rosemary did not get enough water this past summer as it finally succumbed near the end of August. Truth be told, not many plants will do well with prolonged heat. A bit of afternoon shade would do your plants some good in our summer heat!

Enjoy these holiday inspired cocktails infused with rosemary.

## *Rosemary Infused Simple Syrup*

- 1 cup of water
- 1 cup of sugar
- 5-6 sprigs of rosemary

Put the rosemary on a cutting board and gently whack it with the back of a knife to release the flavor and aroma. Put rosemary, sugar, and water in a saucepot.

Heat over medium heat about five minutes or until sugar is completely dissolved into the water. Remove from heat and steep 10 minutes to one hour to allow the rosemary to infuse the syrup. Note: the longer it steeps the stronger the flavor.

Carefully remove the herb sprigs from the syrup and throw them away.

Transfer syrup to a jar and refrigerate until it's completely cooled before using. May be stored in the fridge for up to two weeks.



## *Lemon Bourbon Rosemary Cocktail*

Lori Yates author of <https://FoxesLoveLemons.com>

Ingredients for 2 Servings

- 8 ounces bourbon (1 cup)
- 4 ounces fresh lemon juice (1/2 cup)  
– only fresh will do!
- 4 ounces Rosemary Simple Syrup (1/2 cup)
- Ice cubes for shaking and serving
- 4 small rosemary sprigs for garnish

Instructions

Add bourbon, lemon juice, and rosemary simple syrup to large cocktail shaker. Top shaker with ice, cover and shake well. Pour over ice and garnish with rosemary sprig and a fresh or dried lemon.



Adjust the sweetness of this cocktail by increasing or decreasing the amount of simple syrup.

Dried lemon slices are a unique garnish that will truly make you feel like you're at a fancy bar. Make your own dried lemon slices with lemons from your garden!

## *Christmas Cranberry Cosmo with Rosemary Infusion*

Lori Yates author of <https://FoxesLoveLemons.com>

Ingredients for 2 Servings

- Ice
- 8 ounces cranberry juice – use fresh cranberry juice, if possible (not cranberry juice cocktail)
- 4 ounces vodka
- 1 ounce Rosemary Simple Syrup
- Rosemary sprig, lime wedge, and/or fresh skewered cranberries for garnish



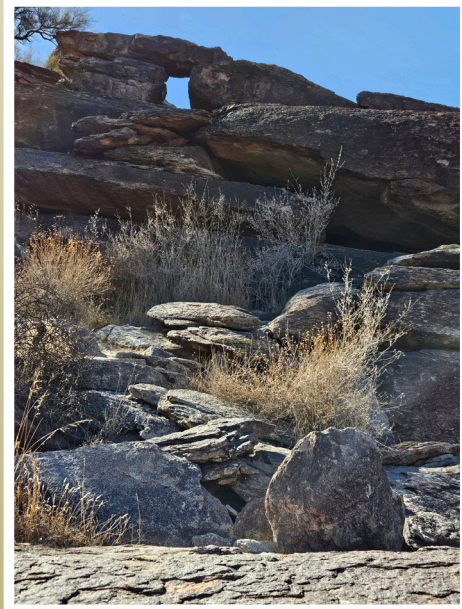
Instructions

Fill double old-fashioned glass with ice. Add juice, vodka, and simple syrup. Stir until well combined. Serve garnished with rosemary sprig, lime wedge, and/or fresh cranberries, if desired.

A big thank you to Judy Frank  
for a fabulous presentation on  
growing Amaryllis!



## Local Exploration!



The Mormon Trail located in the  
South Mountain Preserve.

**Do you have a  
question or topic  
you'd like more  
information about?**

If your answer is yes, please  
email the question or topic to  
[gardenclubofpc@gmail.com](mailto:gardenclubofpc@gmail.com)

We will do our best to respond  
in one of our upcoming  
newsletters!

No question is too trivial!!



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