UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

A Garden Runs Through It

Whether it's a vegetable garden, houseplants or a landscape...

August 2020

UCCE Master Gardener Program, Colusa County

UC Cooperative Extension,
Colusa County

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In This Issue

Upcoming events

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August

Arbuckle Farmers Market
Every Wednesday
4-7 pm
Downtown Arbuckle

If you join our Facebook page you will educational videos in place of in person workshops.

Advice to Grow by … Ask Us!

Join us at the

Arbuckle Farmers Market

Every Wednesday through August

4-7 pm

Ornamental Plant of the Month, (ok this month it's edible!)

Pruning tips for structure and health in your indeterminate tomato plants

If you want to be in control of your tomato crop you have to get out those clippers and PRUNE!

Suckers form in the axils between the leaves and the main stem. Encourage a strong main stem by removing all suckers below the first flower cluster.
A properly pruned and supported single-stem tomato plant presents all of its leaves to the sun. Most of the sugar produced is directed to the developing fruit, since the only competition is a single growing tip giving you large fruits til frost. The result is a nearly continuous supply of fruits throughout the season. In general, more stems means more but smaller fruits, which are produced increasingly later in the season. With tomatoes, we want to maximize the efficiency of photosynthesis and minimize the risk of disease. This is best accomplished by ensuring that each leaf has plenty of room and is supported up off the ground. When a tomato plant lies on the ground or is too leafy, many of its leaves are forced into permanent shade, greatly reducing the amount of sugar they produce. If a leaf uses more sugar than it makes it will yellow and drop off. A pruned and staked plant will produce larger fruit two to three weeks earlier than a prostrate one.

RULE 1: Get plants off the ground.
RULE 2: Give plants room.
RULE 3: Never prune or tie plants when the leaves are wet.

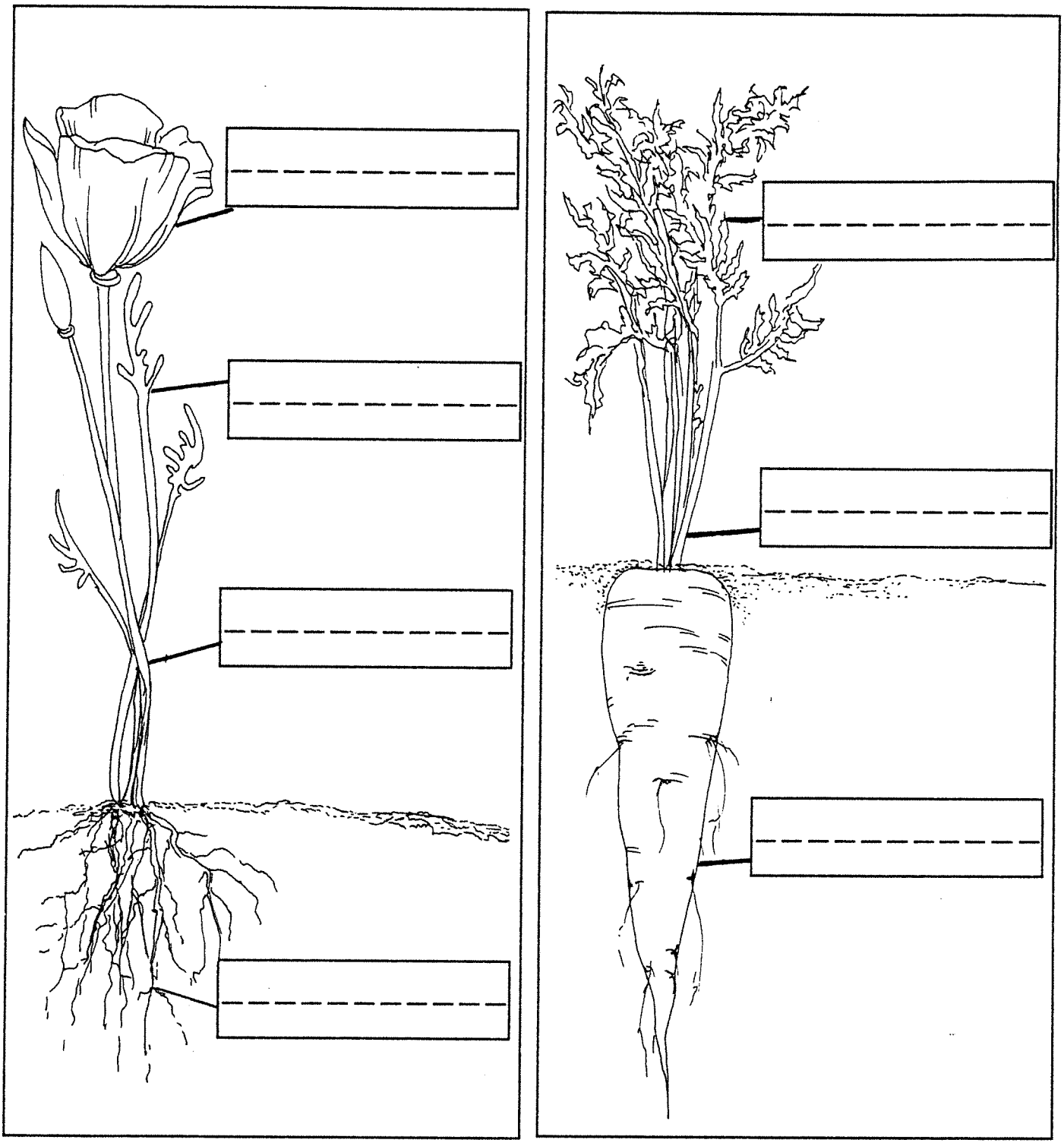
Pruning also affects plant health. The leaves of a pruned and supported plant dry off faster, so bacterial and fungal pathogens have less opportunity to spread. Soil is less liable to splash up onto staked plants. The bottom line: Upright plants have fewer problems with leaf spots and fruit rots because their leaves stay drier and free from pathogen-laden soil.
You can prune in several ways. Keep suckers cleared in the crotches, or axils, between the leaves and the main stem. Suckers appear sequentially, from the bottom of the plant up. The farther up on the plant a sucker develops, the weaker it is since sugar concentration gets lower as you move up the plant. For a multi-stemmed plant, your aim is to have all stems roughly the same size, although the main stem should always be stronger, because it has to feed the entire plant for the next five or six months. Keep tomatoes free of side stems below the first fruit cluster. When trained to one vine and left free-standing, tomato plants develop strong main stems. Trim all suckers and don't tie plants to their supports until the first flowers appear.

Submitted by Cynthia White

Parts of a Plant

Name the parts of the plants:

flower stem leaf roots



Edible Plant of the Month

Natures Edible Landscaping

Not only can we provide an edible landscaping in our own gardens from plants provided by nurseries, plant sales and friends, but our own natural/native landscape can also give us edibles in the way of berries, greens, mushrooms, nuts and more.

Along areas irrigated by ponds, rivers, and pastures one can find blackberries this time of year in abundance. These blackberries make the best pies, jams, jellies, cobblers, smoothies or added into your favorite cereal or salads. They are easy to freeze for later use in the off season to make your favorite dish. Elderberries are also in aplenty this time of year along creeks, or waterways, especially in the foothills or just below as one heads into the valley. Elderberries make the best jelly, and wine. These can also be frozen for later use.

Look in your garden and notice those pesky purslane "weeds" in your garden when the weather warms up. Purslane in fact is quite edible and nutritious. My father was a native of The Netherlands and once told me how his mother would cook up a plant back home and wanted to know if he could try growing it here It California. Did a little research and found it was common in this country and regarded as a weed! Searched my own yard that summer and found some, needless to say, we both had a good laugh. Purslane can be used in salads, soups, and stews. It's quite nutritious…and is even regarded as antibacterial. The leaves are also a very rich source of Omega-3.

Wild mustard is also extremely delicious when leaves are young and can be prepared in salads and soups. Prepared mustard can also be made from the seeds.

Miner's lettuce in the spring makes for a yummy salad.

Black walnuts in the fall/winter are a bit of a chore to crack, however get ready for an intense walnut flavor when using the meats for everything from salads to cookies, cakes and ice cream.

Submitted by Annelie Lauwerijssen

Root For Roots

Name:

C N R R A D I S H M M L C O P
R T O R R A C T D T F A V I S
M I R O O T S A Y G R E N E A
D O D J O R H R Z B K R T I Z
H O M K T C F C O G U T P Y I
Q P W A H L H H L T R Q J B D
I A P I A A Y U M R N I V G B
L I O P I D C J V I P E Z A I
R M T M R O I Z L X H N K U N
N Y A A S V A H H K Q C S M W
D P T E C L O C O I I M I B B
Z E O A R W U G J D Q Q R Y N
S Z A U R E V S I U F U G E X

VOCABULARY LIST

CARBOHYDRATES
CARROT
ENERGY
GLUCOSE
POTATO
RADISH
ROOTS
ROOTHAIRS
STARCH
TURNIP

Recipe of the Month

Cucumber Salad Ideas

Peel and seed if you want, and slice cucumbers, 1/4 inch thick.
You want about 6 cups of cucumbers.

Asian-like
1 tablespoon grated ginger
1 teaspoon grated garlic
4 tablespoons any vinegar
2 tablespoons of sugar
1 teaspoon salt
4 tablespoons sesame oil
Blend these ingredients together.

Toss cukes with dressing.
Add
1/2 - 3/4 cup sliced green onions
1/2 - 3/4 cup coarsely grated carrot
2 tablespoons chopped jalapeno pepper (optional)
Top with toasted sesame seeds or sliced almonds
chopped cilantro or parsley
Leave out the salt and add a teaspoon of fish sauce if you are brave!

Creamy
1/2 cup sour cream
1 teaspoon dried dill
1/2 teaspoon salt
1 teaspoon granulated sugar

Blend these ingredients together.

Toss cukes with 1 small can pineapple tidbits, well drained.
Dress the cukes just before you serve so they don't weep.
My mom thought this one up, back in the 1950's.

Submitted by Penny Walgenbach

Spider Mites

Spider mites are common pests of fruit trees, vegetables, berries, vines, and ornamental plants.

Mites are tiny and difficult to see. Although related to insects, mites are arachnids just like spiders and ticks. If leaves are stippled with white dots or have webbing, check the undersides to see if spider mites are present. Sprays of water, insecticidal oils, or soaps can be used for management. Spider mites have many naturally occurring predators that often limit their numbers.

Spider mites; actual size less than ½₀ inch.

What to look for:

- To the naked eye, spider mites look like tiny, moving dots. Use a magnifying lens to see them.
- Adults are less than ½₀ inch long and have eight legs, an oval body, and two colored eyespots near the end of the head.
- Spider mites live in colonies, mostly on the under surfaces of leaves; a single colony can contain hundreds of mites.
- When numbers are high, dense webbing can cover leaves, twigs, and fruit.

Mites cause damage by sucking cell contents from leaves.

- A small number of mites isn't usually cause for concern, but very high populations can be damaging, especially to annual plants.
- Often, damage first appears as a stippling of light dots on the leaves; sometimes leaves turn a bronze color. Heavily infested leaves can turn yellow and drop off.
- Damage is usually most severe in hot, dusty conditions and on water-stressed plants.

For more information about managing pests, visit ipm.ucanr.edu or your local University of California Cooperative Extension office.

Protect predators of spider mites.

- Spider mites have many predators or "natural enemies", which prevent them from becoming plant pests, especially when undisturbed by pesticide sprays.
- Key predators include predatory mites, which are about the same size as plant-feeding mites but have longer legs and are more active.
- Other common natural enemies include thrips, lacewings, and minute pirate bugs.
- Keep dust down. Plant ground covers, use mulches, and irrigate regularly.
- Avoid using insecticides that kill natural enemies.

Spider mites cause leaf stippling or spotting and may leave webs when numbers are high, as seen on this potato leaf.

How do I control spider mites?

- Water plants sufficiently to avoid drought stress, which increases mites and mite damage.
- Most woody plants can tolerate low to moderate mite populations, and natural enemies are often abundant.
- If plants are infested, apply a water spray or mist to the undersides of leaves at least once a day.

What about pesticides?

- If an insecticide is needed, use an insecticidal oil or insecticidal soap (or a combination of the two), applied so you completely cover the undersides of leaves. Be sure mites are present before treating. Don't spray when plants are water-stressed or if it is very hot.
- Spider mites frequently become a problem after applying persistent insecticides such as carbaryl or pyrethroids. These insecticides are not very effective against mites and often kill off predators and stimulate mite reproduction.

What you do in your home and landscape affects our water and health.

- Minimize the use of pesticides that pollute our waterways and harm human health.
- Use nonchemical alternatives or less toxic pesticide products whenever possible.
- Read product labels carefully and follow instructions on proper use, storage, and disposal.

UC IPM
September 2018
UC CE University of California Agriculture and Natural Resources
Integrated Pest Management

Gardening Guide

UC Master Gardener Program of Colusa County

Zones 8 and 9

	August	September	October
PLANTING	• You can plant directly in the garden seeds of carrots, beets, lettuce, spinach and turnips. Indoors you can start seeds for broccoli, cabbage, kale, bunching onions, and radicchio.	• Cool-Weather annuals like pansies, violas, snapdragons can be transplanted now. • Also, transplants of broccoli, cabbage, cauliflower, and kale can be planted this month. • Direct seed peas, spinach, radishes, lettuce, and carrots.	• Cool-weather annuals like pansies, violas, snapdragons can be transplanted now. Also, you can direct seed cornflower, nasturtium, poppy, nigella, portulaca and sweet peas. • If you don't have a winter garden, consider planting a cover crop to be tilled in next spring. • Direct seed peas, spinach, radishes, lettuce, and carrots.
MAINTENANCE	• Be sure to monitor your watering system. Check for coverage and watch for plugged or blocked sprinklers. • Check the mulch you have spread around and be sure it is thick enough to suppress weeds. (3 to 4 inches) • Cut off spent flowers of perennials and annuals for continued bloom.	• September is a good time to consider reducing the size of your lawn. It is also a good time to rejuvenate a lawn with over-seeding. • Put your spent annual and vegetables (disease-free, of course) in your compost pile. • Add compost to the beds that had the annuals and vegetables you are pulling out, before re-planting in those beds.	• Put your spent annuals and vegetables (disease-free, of course) in your compost pile. • Be sure to deadhead your roses following the October bloom. • Add compost to the beds that had the annuals and vegetables you are pulling out, before re-planting in those beds.
PREVENTION	• Continue to weed. Be especially sure to get weeds before they flower and set seeds. 	• Be sure to clear out any weeds that developed in the perennial bed. 	• Check azaleas, gardenias and camellias for leaves yellowing between the veins. Apply chelated iron if this condition is present. • Keep your compost bin covered with a plastic tarp when rains begin.

Seasonal IPM Checklist

The list below reflects possible landscape activities to do during the selected month(s) in your region. You can use the checklist as a guide for IPM activities in your own landscape or provide it to your clients.

	August
☐	Abiotic Disorders - Prevent or manage damage, such as that caused by aeration deficit, herbicide, salinity, soil pH, sunburn, wind, and too much or little water.
☐	Ants - Manage around landscape and building foundations, such as using insecticide baits and trunk barriers.
☐	Aphids - On small plants, spray a strong stream of water or apply insecticidal oils and soaps. Look for and conserve natural enemies such as predaceous bugs, lacewings, lady beetles, and syrphids.
☐	Asian citrus psyllid - Look for it and if found where not known to occur report it and other new or exotic pests to your local county agricultural commissioner.
☐	Bacterial blast, blight, and canker - Inspect apple, citrus and especially *Prunus* spp. (e.g., stone fruit). Remove entire affected branches in the summer, making cuts several inches away in healthy wood.
☐	Carpenter bees - Paint or varnish and seal wood in which they nest. If intolerable, treat tunnels during fall or early spring.
☐	Carpenterworm - Protect trees from injury and provide proper cultural care, especially appropriate irrigation.
☐	Citrus - Monitor for damage and pests such as leafminer.
☐	Clean up mummies and old fruit and nuts in and under trees to avoid harboring pests.
☐	Coast redwood dieback - Check for drought-stress related maladies such as abiotic disorders, bark beetles, fungal diseases, and spider mites. Deep water trees and apply mulch.
☐	Codling moth of apple and pear - Bag fruit. Promptly remove infested and dropped fruit. Apply insecticides only if precisely timed.
☐	Compost - Turn and keep it moist.
☐	Cover fruit trees and grapes with netting to exclude birds and other vertebrate pests.
☐	Cypress, or Seridium, canker - Prune dying branches at least 6 inches below any apparent cankers. Irrigate appropriately. Replace severely affected trees.
☐	Deter borers - Deep water trees adapted to summer rainfall e.g., fruit and nut trees. Protect trunks and roots from injury and avoid pruning, except for hazardous trees and certain pests and plants that warrant summer pruning. Paint trunk and scaffolds with white interior latex paint diluted with an equal amount of water.
☐	Eutypa dieback - Prune apricot and cherry.
☐	Irrigation - Adjust watering schedules according to the weather and plants' changing need for water. Check systems for leaks and broken emitters and perform maintenance as needed. Consider upgrading the irrigation system to improve its water efficiency.
☐	Leaffooted bug - Look for feeding on fruit and nuts such as almonds, pistachios, and pomegranates.
☐	Lightly prune roses to promote fall flowering.

Seasonal IPM Checklist

- [ ] Mosquitoes - Eliminate standing water e.g., in gutters, drain pipes, and flowerpots. Place *Bacillus thuringiensis* subspecies *israelensis* in birdbaths and ponds to selectively kill mosquito larvae.
- [ ] Mulch - Apply organic mulch where thin or soil is bare beneath trees and shrubs.
- [ ] Oak gall wasps - Usually do no serious harm to oaks. Control is very difficult.
- [ ] Olive knot and oleander gall, or knot - Prune off galled branches if intolerable.
- [ ] Powdery mildew - If severe e.g., on crape myrtle, grape, and rose, avoid fertilization and overirrigation. Prune during the proper time of year to increase air circulation and sun exposure.
- [ ] Redhumped caterpillars - Monitor trees such as liquidambar, redbud, stone fruits, and walnut. Cut off shoots infested with groups of young caterpillars. Apply *Bacillus thuringiensis* or spinosad.
- [ ] Root rot - Favored by excessive water and poor drainage. Avoid overirrigation and waterlogged soil.
- [ ] Rose pests - Manage or take preventive actions for powdery mildew.
- [ ] Spider mites - Irrigate adequately, mist leaf undersides daily, reduce dustiness, spray horticultural oil.
- [ ] Yellowjackets - Place out and maintain lure traps or water traps. Trapping is most effective during late winter to early spring.

Master Gardener activities!

In today's fast paced, social media way of life, fake news has become normal.
This includes fake gardening advice.
UC Master Gardeners use cutting edge, research-based information to help you garden better.
We are practical, connected and trusted.
Advice to Grow By … Ask Us!

Tomorrow's activities are created by today's dreamers—you can make sure that the UC Master Gardener Program of Colusa County is still working to help future generations through your support.

Click here to support us.

Science Word of the Month

Abscission—the dropping off of a leaf, fruit, or flower.

If you attended one of your workshops, you will receive an email from mgevaluation@ucanr.edu. Your input gives us the tools we need to grow and improve our program. *Thank you!*

#19

PROLONGED SITTING

Information given here is intended for use by program representatives, master gardeners, and those they train.

Sitting for long periods of time may cause back pain and decreased blood flow to the lower extremities resulting in leg soreness, aches, and pain. Those that sit for prolonged periods of time also report higher occurrences of stiff necks and shoulders than those that perform tasks involving greater movement. This Thinking Safe and Green note presents information about how to reduce the potential for incurring back, neck, and leg discomfort or injuries due to prolonged sitting.

Recommended Prolonged Sitting Practices

- Always try to sit with your back straight and your shoulders back. Keep your tailbone snug against the back of your chair. Do not slouch in your chair.
- Keep your weight distributed evenly on both your hips.
- Avoid sitting with your legs crossed.
- Relax while sitting and working in a chair. Allow your neck, shoulder, and back muscles to release any muscle tension. Performing chair exercises may serve to relieve muscle tension.
- Bend your knees at a right angle and rest them at an elevation slightly higher than your hips. Keep your feet flat on the floor.
- Keep your chair height adjusted to your workstation height such that you are able to sit close to your work with your wrists and head in neutral positions.
- Change your sitting position frequently. Avoid sitting in the same position for more than 30 to 45 minutes.
- Periodically schedule work or other activities that force you to leave your chair and physically move to and from other locations.

Thinking Safe and Green note #20 provides additional information about sitting at computer workstations. See http://safety.ucanr.org/MG/.

Safety videos and information that address setting up a computer workstation are available at the ANR Environmental Health & Safety website: http://safety.ucanr.orgergonomics.

Garden Club of Colusa County activities

Don't know at this time.

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Additional Links

Integrated Pest Management	ipm.ucanr.edu
UC Davis Arboretum	arboretum.ucdavis.edu
Invasive Plants	www.cal-ipc.org
Plant Right	www.plantright.org
Save Our Water	saveourwater.com
California Garden Web	cagardenweb.ucanr.edu
McConnell Arboretum and Botanical Gardens	turtlebay.org
UCANR Colusa County	cecolusa.ucanr.edu
UC Master Gardener Program (statewide)	mg.ucanr.edu
California Backyard Orchard	homeorchard.ucanr.edu
ANR publications	anrcatalog.ucanr.edu