University of California
Agriculture and Natural Resources

UCCE Master Gardener Program
Colusa County

A Garden Runs Through It

June 2022

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

UCCE Master Gardener Program, Colusa County

County Director, Franz Niederholzer

UC Cooperative Extension,
Colusa County

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In This Issue

Upcoming events

Find us on Facebook

June

Williams Flea Market
Friday June 10, 10 am
Williams, across from the library

Colusa County Fair
June 9—12
Etchepare Hall

July

Williams Flea Market
Friday July 8, 10 am
Williams, across from the library

Advice to Grow by … Ask Us!

Don’t forget our

Podcast!

“A Garden Runs Through It”

Hosted by

Radiocolusa.com

Consejos Que Le Ayudarán….¡Pregúntenos!

Programa Jardinero

Maestro de UC

En el Mercado de Pulgas Williams, 10 am de mediodia.

8 de Abril, 13 de Mayo, 10 de Junio, 8 de Julio, 12 de Agosto, 9 de Septiembre, 14 de Octubre

UNIVERSIDAD DE CALIFORNIA
Agricultura y Recursos Naturales
Programa Maestro de Jardinero UC

Advice To Grow By….Ask Us!

UC Master

Gardener Program

At the Williams Flea Market, 10 am to noon.

April 8, May 13, June 10, July 8, August 12, September 9, October 14

UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources
UC Master Gardener Program

Edible Plant of the Month

NO DROUGHT IN MY PANTRY!

We've all been thinking about the drought, finding ways to keep our existing plants and trees alive rather than even thinking of expanding or re-doing our gardens. So, with that in mind, I figured we should put a positive spin on what we DO have, and what to do with it! We shall discuss recipes from the "Old Country", with hopeful harvests from our existing orchards and gardens! Let's get creative!

Recently while going through files, excitedly discovering old recipes from my mom! My Mother was German while Dad was from Holland. Perhaps I mentioned this in a prior article, both met aboard ship while immigrating to the USA. At any rate, one of my mom's recipes is called "Rumtopf" (Rum Top), which figured I would share with you! You start in the spring and end in the fall, using all those fruits we have during our growing season (but please do not use bananas, they will not work, plus we don't grow them around here anyway).

We start with a LARGE jar or ceramic container (am thinking a crock/ceramic pot, with a lid preferably but you can also just use a dinner plate on top. We can start with say strawberries! First wash, pat dry and slice or cut into bite-sized pieces. Rule of thumb is 2 parts fruit, 1 part sugar and approximately 3 cups good quality RUM! No CHEAP STUFF and don't use anything other than RUM, 60% alcohol, would be best. Add the sugar to the fruit and let stand for about an hour. Place the fruit/sugar mix into the jar and add as much rum so the fruit/sugar are completely (fingerbreadth) covered. Close the jar and set aside in in a cool, dark place. Repeat these steps all through the growing season with plums, cherries, peaches, raspberries, blueberries, apricots, peaches, blackberries etc. until the end of the season adding pears or apples. If the fruit float to the top, place a smaller glass or ceramic plate atop of it so everything is covered with rum. In short, we add fruit, a layer of sugar and then the rum with each addition. At the end of our "season", say around Thanksgiving it will be READY!!!!! Enjoy it on ice cream, pudding, cake, or just eat the fruit in a small bowl. You can add a teaspoon of the rum in teas, or with champaign or whatever, or just drink it like it is. It's absolute heaven. The following year you can start again. My mom never used citrus but believe it would work here…. they just don't grow a lot of it in Northern Europe LOL. Some people store Rumtoph in the fridge as they are making it, and that's great if you have the space. One must be careful about Rumtoph thieves though, sneaky bunch as they are. I've caught a couple of them sampling mom's Rumtoph throughout the summer (personally not admitting any guilt LOL) One of my little cousins also found her mother's Rumtoph back in Germany, needless to say she was found a wee tad intoxicated. You might want to hide it in a safe place and write "POISON" with a dead mouse drawn on the jar to keep those sticky hands out of it.

Submitted by Annelie Lauwerijssen

Photos-Creative commons license

Ornamental Plant of the Month

LANTANA

I have been searching for drought tolerant perennials that are easy bloomers. Yesterday I saw the most beautifully blooming planter of mixed varieties of Lantana in front of the Yuba-Sutter Fairgrounds. The planter was amazing with multiple hues, creating a kaleidoscope of color. Lantana flowers measure 1 to 2 inches across and are comprised of numerous smaller blooms arranged in a sphere. Blossom shades vary, including lavender, orange, red, rose, pink, gold and white.

How to Grow & Care for Lantana

Northern gardeners typically grow lantana as a seasonal annual. Growing lantana is a year-round proposition in Zone 10, with Zone 9 plants faring roughly the same. The only time growth grinds to a halt in Zone 9 is when temperatures dip to 28°F, which kills plants to the ground. Roots remain alive, though, and send up shoots in spring. The pattern of winter kill followed by sprouting from soil also occurs in Zone 8 with most lantana species. In all other zones with killing frosts and frigid winters, lantana care hinges on treating plants as annuals.Regardless of where you garden, site lantana in full sun for best flowering. Plants can grow in part shade locations, but flower number will be reduced and plants do become more susceptible to diseases and certain insects. Growing lantana doesn't require intense soil prep prior to planting. These steady bloomers grow in any well-drained soil, including sandy ones. In containers, it's a good idea to use a commercial soil-less mix developed for container use.

Lantana care is fairly simple. Water newly planted lantana regularly to ensure healthy root development. While established plants are drought tolerant, they stage the best show when they receive roughly one inch of water per week, either through rainfall or irrigation. Regular watering fuels steady growth and full-size flowers in greater numbers.

Pruning Lantana

Tackle pruning lantana several times throughout the growing season. In regions where lantana is winter hardy, shearing plants lightly following flowering promotes stem branching and a future flush of flowers. Prune plants at any time they outgrow their growing space. You can safely remove up to one-third of a lantana plant's overall size at any one pruning.

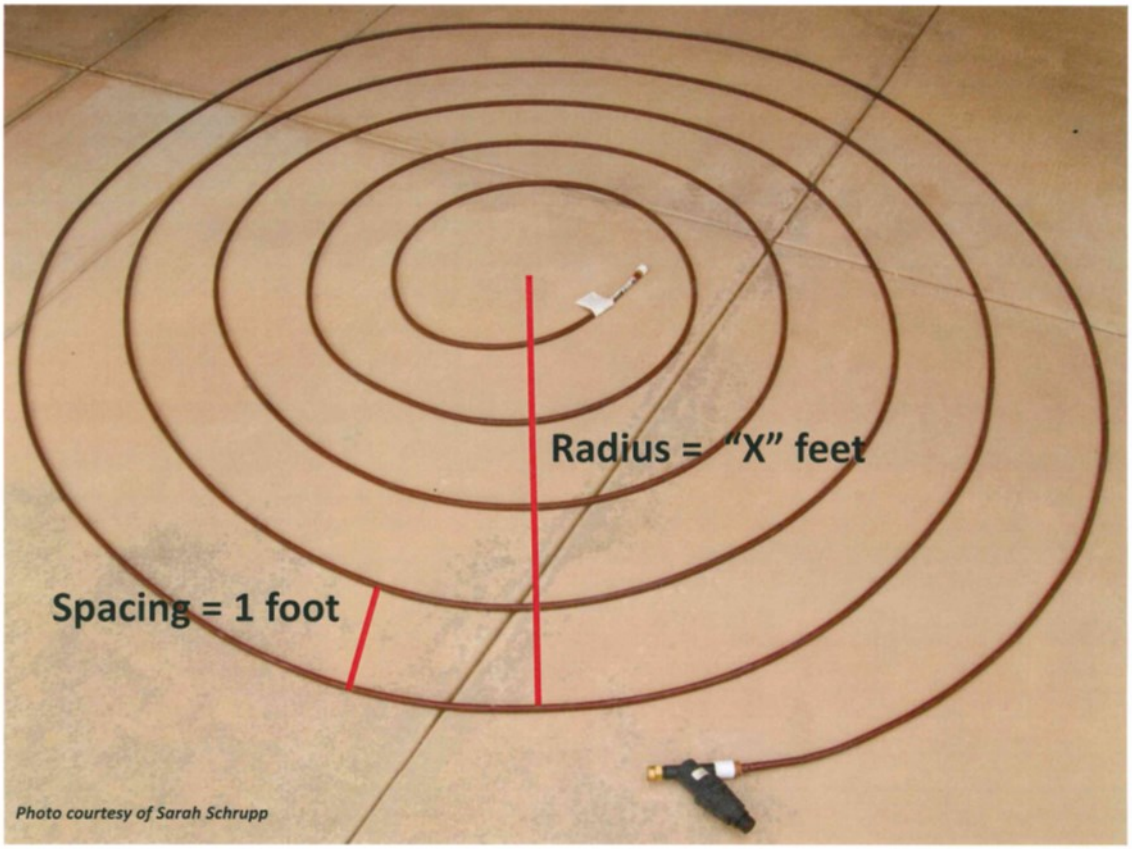
In areas where lantana is winter hardy but dies to the ground, pruning lantana stems in spring is vital to maintaining plant health. Cut stems back to 6 or 12 inches tall. After pruning lantana, water and fertilize to encourage new growth. When stems show 6 inches of new growth, remove the tips to promote branching, which leads to more flowers.

If lantana forms black berries, part of your lantana care routine should be removing them before they mature. Pruning lantana after a strong flush of flowering prevents berries from forming on non-sterile plants.

Submitted by Bernice Dommer

Photos-Creative commons license

Water Trees First



Trees are our most important garden asset. They provide shade, clean the air, provide habitat for wildlife, they are beautiful and increase your property value. Many of our trees are in lawns and many people have reduced or eliminated watering their lawns. This means many trees will slowly decline and die. Mature trees need deep watering during the dry months in order to stay healthy. A large shade tree takes many years to establish.

Trees need to be the first plant we consider saving during the drought.

A new way of irrigating trees have been developed by the University of California. As you see in the photo you will circle the tree with a drip line or soaker hose beneath the canopy but not at the trunk. Keep each circle 1 foot apart. You can purchase supplies at your local garden center or hardware store.

To get the deep watering needed for trees, you will need to run drip line for several hours but only irrigate every 2-4 weeks. The water needs to penetrate the soil about 2-3 feet deep.

For more information on tree watering go to: cecolusa.ucanr.edu/Master_Gardeners/

Or talk to a UCCE Master Gardener of Colusa County.

Recipe of the Month

Garlic and Ginger Sheet Pan Chicken with Broccoli

Sauce

- 3/4 cup soy sauce
- 1/4 cup water
- 1/4 cup vinegar (wine, white, cider or balsamic - you choose!)
- 4 Tbs olive oil
- 2 Tbs sesame oil
- 2" of fresh ginger, peeled and grated
- 4 cloves of garlic, grated
- 1/4 cup brown sugar
- 2 Tbs hot sauce, or more (optional)
- Blend well
- Use half to toss with chicken and veggies
- Simmer remaining half to reduce and make a glaze

Chicken and Broccoli

- 1 lb boneless, skinless chicken breasts or thighs, cut in thick strips
- 1 head of broccoli, cut into florets, ~ 5 cups
- 1 large bell pepper, red, yellow or green, your choice, seeded and cut in thick strips
- 1 onion, cut in wedges
- Toss with half the sauce
- Place on a parchment lined sheet pan
- Roast in a preheated oven at 425 degrees for about 15 minutes
- Veggies should be tender crisp and chicken cooked through
- Drizzle cooked chicken and veggies with reduced sauce/glaze
- Serve with rice and garnishes

Garnish

- sesame seeds
- sliced green onions

Options:

- You can add as many different veggies to this as you like.
- Keep sizes consistent so they cook evenly
  - carrots or celery in slices in 1/4" sticks
  - zucchini in wedges
  - mushrooms in quarters
  - asparagus in 2" sticks
- Another version adds fruit!
  - pineapple chunks
  - whole grapes
  - 1" slices of rhubarb

Submitted by Penny Walgenbach

Book of the Month

The Treeline: The Last Forest and the Future of Life on Earth

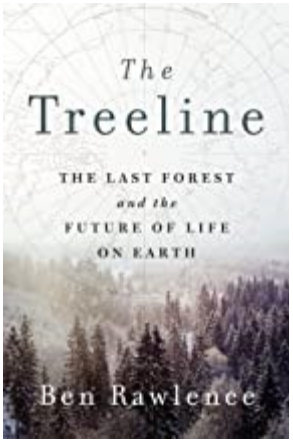
by Ben Rawlence

I had rarely considered the concept that our earth actually had what we would term “lungs”. I heard this author interviewed recently and was stunned at the manner that he could break down the difficult ideas surrounding our warming planet and make it so very understandable in lay terms. The trees of the boreal forest form a deep green collar around the north pole. It is a massive ring that runs from Norway to Siberia, Alaska to Greenland, Canada to Sweden. Only the hardiest of species survive at these remote latitudes that include the ice-loving Dahurian larch of Siberia, the antiseptic Spruce that actually purifies our atmosphere, the Downy birch in Scandinavia, the healing Balsam poplar that Native Americans use as a cure-all and the noble Scots Pine that lives longer when it is surrounded by its family members.

For the past fifty years these trees have been moving north as the permafrost melts and forms lakes and landscape that is speeding the process each year. This causes the ground to collapse into sinkholes as the water drains away, or the soil turns to slush underground, as Siberian scientists are finding.

As the earth warms, the permafrost releases greenhouse gases, including carbon dioxide and methane, that have been trapped in the ice for eons. This aggravates the warming that is causing the melting in the first place, since these gases trap more heat in the atmosphere and warm the ground. The author blends his skills of reporting what he has experienced with the science of our warming planet to paint a stark picture of what could be the suffocation of our planet. When these forests are no longer able to survive the future of all life on earth is put into stark perspective.

The best part of this book isn’t the doomsday message we are all so used to reading. Instead it offers us the opportunity to understand our part and adapt to our future with the knowledge that we can be a part in the destruction of the lungs of our planet. Without trees we cannot survive nor can anything else on earth that needs air.



Submitted by Cynthia White

Gardening Guide

UC Master Gardener Program of Colusa County

Zones 8 and 9

	June	July	August
PLANTING	• In the flower garden you can still plant seeds of marigolds, zinnias, cosmos and sunflowers. You can set out transplants of perennials like yarrow, verbena, black-eyed Susan, and dahlias. • In the vegetable garden you can plant seeds of pumpkins, squash, and corn.	• You can still plant seeds of annuals: zinnias, marigolds, sunflowers and alyssum will grow and bloom this year.	• 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.
MAINTENANCE	• Dig and divide spring-flowering bulbs when the tops have died down. • Before the full heat of summer arrives mulch your beds to control weeds and conserve moisture.	• Dig and divide bearded iris that have not been divided for 3 yrs. Cut the foliage on the divisions to 6-8 inches, replanting only new rhizomes and discarding the old rhizomes. • Deadhead blooming plants as they finish flowering to promote continuing bloom. Fertilize roses after each burst of blooms.	• Cut off spent flowers of perennials and annuals for continued bloom. • Continue to weed. Be especially sure to get weeds before they flower and set seeds.
PREVENTION	• Be sure to water early in the day to conserve water and minimize plant disease. • Regularly check your sprinklers and drip emitters for needed repairs and adjustments. • Monitor soil moisture in hot weather to be sure you are irrigating enough. (Use a metal rod to push into the ground. If it goes in easily, the soil is moist.)	• Be sure everything is well mulched for the heat of summer. Water before 10 am to avoid fungal infections and to minimize water loss to evaporation. • If you have fruit trees, be sure to pick up dropped fruit to prevent brown rot from developing and leaving spores for future infection.	• 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)

Powdery Mildew

White powdery growth on leaves and shoots can be a sign of powdery mildew.

This disease affects many plants, and one of several fungi can cause it. Manage powdery mildew by growing resistant plant varieties and altering the growing environment. In some situations, fungicide treatments might be required for susceptible plant species.

Powdery mildew on melon leaves.

Symptoms can vary by plant species.

- White powdery spots develop on both leaf surfaces and expand as the infection grows.
- Leaves turn yellow or brown and fall off, exposing the plant or fruit to sunburn.
- Leaves or shoots can twist or distort.
- The fruiting parts of vegetables are usually not affected, but apples, grapes, and stone fruits can develop weblike russet scars or corky areas.

Powdery mildew is common in warm, dry conditions.

- Unlike many diseases, powdery mildew doesn't require moist conditions to grow.
- Moisture during the spring inhibits growth.
- Moderate temperatures (60° to 80°F) and shade encourage the disease.

Alter the growing environment to make plants less susceptible.

- Grow plants in sunny locations.
- Provide good air circulation by pruning excess foliage.
- Fertilize properly because too much nitrogen causes lush foliage and shade, providing conditions for fungal growth.

Photos by Jack Kelly Clark

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

Plant resistant varieties.

Some plants have resistant or less susceptible varieties such as:

- Ornamentals: crape myrtle, rose, London plane tree, rhododendron, and zinnia.
- Fruit: apple, raspberry, and peach.
- Vegetables: melon, pumpkin, squash, cucumber, bean, and pea.

Powdery mildew on a rose.

Consider nonchemical methods.

- Wash spores off with overhead sprinkling. To prevent other disease problems, do this midmorning so moisture dries rapidly.
- Prune out small infestations, and remove infected buds during the dormant season. Quickly remove infected materials so you don't spread spores.

What about pesticides?

- Some infections may require fungicides.
- Control mild to moderate infections with horticultural oil or with plant-based oils, such as neem oil. Do not use oils if you have applied sulfur or if the temperature is above 90°F.
- Prevent infections with sulfur products, especially ready-to-use products with soaplike surfactants. These products are not effective after the disease appears. Repeat applications might be necessary as new leaves grow.
- Other fungicides are available. Many must be applied before you see the first sign of disease.

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 CE UNIVERSITY OF CALIFORNIA Agriculture and Natural Resources
Statewide Integrated Pest Management Program
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UC IPM
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May 2020

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.

	June
☐	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.
☐	American plum borer - Check for frass and gum on lower branch crotches and graft unions of young trees such as almond, mountain ash, olive, sycamore, and stone fruit.
☐	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.
☐	Camellia, citrus, gardenia, grape and other plants adapted to acidic soil - If leaves are yellowing (chlorotic) between green veins, plants may benefit from foliar or soil application of iron and zinc chelate and mulching.
☐	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.
☐	Cherry spotted wing drosophila - Harvest early, apply spinosad as soon as fruit begins to develop any pink color.
☐	Citrus - Monitor for damage and pests such as leafminer and scales.
☐	Clean up mummies and old fruit and nuts in and under trees to avoid harboring pests.
☐	Clearwing moths - Look for signs of boring in ash, birch, pine, poplar, and willow; less often in oak, sycamore, and stone fruits.
☐	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 with netting to exclude birds and other vertebrate pests.
☐	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.
☐	Fire blight - Look for oozing and dead limbs on pome plants such as apple, crabapple, pear, and pyracantha. If a problem in the past, apply blossom sprays to prevent new infections.
☐	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.

Seasonal IPM Checklist

- [ ] Leaffooted bug - Look for feeding on fruit and nuts such as almonds, pistachios, and pomegranates.
- [ ] 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.
- [ ] Powdery mildew - Check for signs of disease on apple, crape myrtle, grape, rose, and stone fruits.
- [ ] Prune pine terminals only during candling (new shoot growth), late spring to early summer, to retard growth and in young pines direct growth.
- [ ] 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, such as for black spot, hoplia beetle, powdery mildew, and thrips.
- [ ] Scale insects - If damage has been unacceptable, monitor the crawler stage and when abundant apply horticultural oil or another insecticide.
- [ ] Spider mites - Irrigate adequately, mist leaf undersides daily, reduce dustiness, spray horticultural oil.
- [ ] Weeds - Manage weeds using nonchemical methods such as cultivation, handweeding, or mowing.
- [ ] 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

Cordon—the main upper woody portion of a grape vine that is trained to a trellis and from which fruiting canes develop; also, a main branch of an espaliered fruit tree.

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!*

MASTER GARDENER PROGRAM
THINKING SAFE AND GREEN

AGRICULTURE AND NATURAL RESOURCES
ENVIRONMENTAL HEALTH AND SAFETY

#3

HEAT ILLNESS AWARENESS

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

According to the National Weather Service, an average of 235 heat-related fatalities occurred annually between 1975 and 2004. Moreover, about 25,000 heat-related illnesses or injuries occurred from 1991-2000. Children are at greater risk for heat stress because their bodies have a larger surface area per pound of weight. Youth that are vigorously exerting themselves in summer heat are at higher risk for contracting heat illness. By taking several simple precautions, people can control and/or reduce exposure to conditions that may cause heat illness. ***English and Spanish language safety videos on heat illness are available for loan from the ANR Environmental Health & Safety Library at http://safety.ucanr.org.***

Heat Illness Disorders and Symptoms

1. Heat Stroke - sweating stops and the body fails to regulate its temperature. Victims may die if they don't receive immediate medical treatment. Characterized by: mental confusion, fainting, or seizures; hot dry skin usually reddish in color; and high body temperature.
2. Heat Exhaustion - profuse sweating results in dehydration. Characterized by: fatigue, dizziness, and nausea; pale and moist skin; and possibly slightly elevated temperature.
3. Heat Cramps - cramping thought to be due to loss of salt through sweating. Characterized by muscle spasms in arms, legs, and abdomen during or following physical activities.
4. Heat Syncope - dehydration while standing still causes blood pooling in lower portions of the body. Characterized by fainting while standing still.
5. Heat Rash - occurs under hot and humid conditions where sweat does not evaporate readily. Characterized by irritated/itchy skin with prickly feeling and small red bumps on skin.

Treatments for Heat Illness Disorders

1. Heat Stroke - call 911 immediately, soak victim's clothing with cool water, move victim to shaded and cool area, fan victim to increase cooling of their body.
2. Heat Exhaustion - have victim rest in shaded and cool place and drink fluids. Do not serve caffeinated fluids such as soft drinks, iced tea, or coffee.
3. Heat Cramps - have victim rest and drink non-caffeinated fluids.
4. Heat Syncope - have victim rest in a shaded and cool place, and drink non-caffeinated fluids.
5. Heat Rash - wash and dry skin. Wear loose clothing and keep skin dry.

Precautions to Prevent Heat Illness Disorders

Example of shade area to reduce chance of heat illness. Courtesy of Calaveras County CE.

1. Master gardeners and others should acclimatize themselves to the prevailing weather conditions.
2. Always drink plenty of fluids such as water and sports drinks. During warm weather, plan to have at least one quart of water available per person per hour of the outdoor activity. Avoid caffeinated drinks.
3. Wear a summer hat with a brim and loose-fitting, light-colored, and lightweight clothing like cotton.
4. Schedule vigorous activities during coolest portions of the day and take frequent breaks on hot days.
5. If someone is feeling symptoms of heat illness, they should take a rest period in a shaded area. Master gardeners should help find access to shade – this may be any area where the affected person is protected from direct sunlight, such as under an umbrella, a portable structure, or inside a ventilated building or vehicle.

If a treated victim does not recover from heat illness in a reasonable amount of time, promptly seek medical attention. Plan ahead to know how to summon medical assistance and direct emergency responders to your location or how to transport the heat illness victim to a medical service provider.
Any incidents of heat illness shall be promptly reported to the master gardener's county Cooperative Extension office.

Garden Club of Colusa County activities

August 22, 6:30 pm
St. Stephen's Church
Colusa

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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