



A Garden Runs Through It

September 2023

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

P.O. Box 180
100 Sunrise Blvd., Suite E
Colusa, CA 95932

530-458-0570
Gerry Hernandez
glhernandez@ucanr.edu
cecolusa.ucanr.edu

In This Issue

- **Ornamental Plant of the Month**— *Asparagus retrofractus*
- **Book of the Month** — *Bringing Nature Home*
- **Edible Plant of the Month**— Just Say No!
- **Recipe of the Month**— Zucchini Bread
- **Garden Guide**
- **Safety Notes**

All photos are "Creative Commons License" or ours.



Upcoming events



September

Colusa County Employee Benefits Fair
September 13, 10:30 to 1 pm
108 East Main St., Colusa



Advice to Grow by ... Ask Us!





The UC Master Gardener Program of Colusa County are inviting people to join our team.

UC Master Gardeners are trained by experts in their field. You don't need to be an expert in gardening or have a nice garden. We will teach you where to find information. If we don't know an answer, then we say, "I don't know but I will look it up and get back to you."

Trainings are in Yuba City starting January 24 to May 8 but only once a week.

You can volunteer for any or all our activities!

Some of the activities that we do in Colusa County include:

Booths at events

- Colusa Farm Show
- Children Services Family Fair
- Colusa County Fair
- Colusa County Employee Benefits and Safety Fair
- Plant Clinic

Workshops

- Landscape Tree
- Pumpkin Centerpieces
- Wreath making

Donna Critchfield demonstration garden in Williams

- Grow vegetables to distribute to the food distribution.
- Workshops & Open Gardens

We also have:

- Monthly Podcast
- Monthly Newsletter
- Weekly articles in the Pioneer Review
- Website



If you or someone you know are interested in becoming a Master Gardener, let us know. The application and information are available on our website cecolusa.ucanr.edu or in our office at 100 Sunrise Blvd., Ste. E, Colusa.

Activities at the Donna Critchfield Demonstration Garden

499 Margurite St., Williams

Vegetables

The summer garden is coming to an end. We will be pulling the plants in September and replacing them with winter vegetables such as broccoli, Brussels sprouts, cauliflower, cabbage, carrots, beets, kale, spinach, radishes, peas, and spinach. The last of the peppers, squash and cucumbers will be distributed at the Ministerial food distribution.

Landscape

The 10 x 10 water-wise landscape was planted in November 2022. The warm weather has prompted the plants to grow. We are looking forward to seeing it fully mature. Every time we look at the landscape garden it gets bigger! We are so happy with it. We have to replace 2 plants this fall.

We are looking into another 10 x 10 native landscape next to the existing landscape.

The 14 salvia plants have been planted in the landscape area. We have lots of colors and species of plants. The blue Adirondack chairs are in the salvia area and they look awesome. Come to the garden and check them out.

We purchased a bench that will be in the landscape area. Now you can enjoy the garden while sitting.

Raised beds

We have not built the new raised beds yet but we will get there. Raised beds are great if you cannot get on your knees to garden. In the fall we will plant winter vegetables such as radishes, spinach, kale, lettuce, carrots and beets in them.

All of our winter seed crops will be planted in the raised beds.



Listen to our podcast

visit:
theplantmasters.com



September podcast

In this episode of "A Garden Runs Through It", Liz asks Cynthia about trees.



How to listen?

Search your favorite app for **RadioColusa.com**

Radio colusa.com



"A Garden Runs Through It" podcast is produced in partnership with:



University of California
Agriculture and Natural Resources

UCCE Master Gardener Program
Colusa County

Ornamental Plant of the Month

Asparagus retrofractus

Ming fern

Asparagus retrofractus commonly called Ming asparagus fern, pom pom asparagus fern, or zig zag shrub is a herbaceous evergreen plant that grows to 6 to 8 feet tall.

This plant has needle like foliage in cluster along the stem. Each cluster resembles a pom pom. Like other plants we call ferns it is not a fern. It is also not edible. It is in the Lily family and is poisonous. Pinch back the stem tips to maintain it's shape. The plant does like sun but not direct afternoon sun. Regular watering, but not excessive, is best. It is cold hardy to 25 F and can withstand hot temperatures to 115 F.

In our area, it can be grown in the ground, in pots or hanging pots. They also make excellent houseplants.



Submitted by Bernice Dommer & Gerry Hernandez

Edible Plant of the Month

Last week I was in the nationally known coffee shop and saw they had my favorite Apple Crisp Oatmilk Macchiato and it reminded me of an article Annelie wrote 2 years ago. So, we are going to repeat the article. Annelie will be back writing articles soon.

JUST SAY NO!

It's that time of year! *PUMPKIN SPICE* is EVERYWHERE, from coffee drinks, desserts to candles, beer, breakfast cereals, infused wines, yogurt, hot cocoa mixes, ice cream, cream cheese, chai, teas, protein bars, muffins, bread spreads, and even recipes for chili, mac & cheese, mixed drinks, nachos, and smoothies containing the stuff. YUCK to all of this (except maybe the candles).

Nothing says FALL better than the delicious scent of cooked APPLES! These autumn beauties can be grown right here, even in our hot as Hades'.

Many varieties require low chilling hours for production, which means apples are suitable, and we can also grow MANY types here in our hot climate (providing we have water). Some heirloom varieties are the best in my opinion. Most apples are "self-fertile" which means they WILL NOT need another variety to help with pollination.

Some popular SF (self-fertile) apples (popular in local markets), which grow in USDA zones 9-12 are: Gala, Braeburn, Granny Smith, Honeycrisp, Jonagold, McIntosh, Rome Beauty, Winter Banana, Fuji, (**and so many more!**). MY favorites are Mutsu, Gravenstein, and Pink Lady. One of my treasured non-self-fertile apples is Black Arkansas (which has a long shelf-life). An appropriate old school baking apple which has the same early bloom time would be Newtown Pippin. One can purchase trees which are already grafted with different varieties to assist with pollination, or DIY by taking an Arkansas Black, and a Newtown Pippin and grafting a branch or two onto the other. There are sooo many apples suited for USDA zones 9-12 which are available, especially through on-line nurseries.

There are also some of those interesting apples out there like Red Devil and Niedwetzkyana with a bright red fleshy portion, making for very interesting and colorful pies, or just snacking!

Apples do need care if you wish to have a larger fruit crop and keeping your tree healthy. Apple trees prefer well drained soils but will also grow in heavier soils. Shaping, and pruning is essential, unless one wants to make it an ornamental tree. If you are planting an apple tree for fruit production however, you will need to train into almost a vase shape, but not allowing the 4 main branches to come from the same point, rather evenly spacing around the trunk and at least 8-9" apart. You can also prune using the 'central leader" method. Prune out crossing and over-vigorous branches coming from the center of the tree. Thin heavily fruited branches to encourage larger individual fruit. Two pests to watch out for are codling moth and apple maggot which you can find out how to deal with them at ipm.ucanr.edu

Submitted by Annelie Lauwerijssen

Book of the Month

BRINGING NATURE HOME: HOW YOU CAN SUSTAIN WILDLIFE WITH NATIVE PLANTS

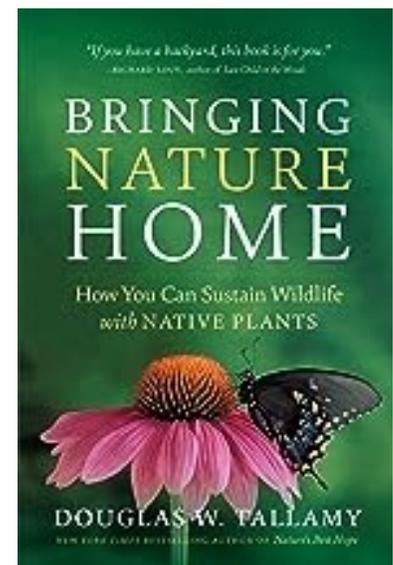
Doug Tallamy

This book is a fascinating study of the trees, shrubs and vines that feed the insects, birds and other animals in the suburban garden. It's the place we all live on a daily basis and it is counting on us to do something today. All too often we see the startling news about the decrease in our biodiversity in the world and feel overwhelmed. In order to effect change we have to do the small things that will make a small difference – one thing and one person at a time.

Doug Tallamy is a professor in the Department of Entomology and Wildlife Ecology at the University of Delaware. In his 36 years of research and teaching he has developed ways we can understand the many ways insects interact with plants and those interactions determine the diversity of animal communities.

As development and habitat destruction accelerate, there are increasing pressures on wildlife populations. In *Bringing Nature Home*, Douglas W. Tallamy reveals the unbreakable link between native plant species and native wildlife—native insects cannot, or will not, eat alien plants. When native plants disappear, the insects disappear, impoverishing the food source for birds and other animals.

But there is an important and simple step we can all take to help reverse this alarming trend: everyone with access to a patch of earth can make a significant contribution toward sustaining biodiversity by simply choosing native plants. By acting on Douglas Tallamy's practical and achievable recommendations, we can all make a difference.



Submitted by Cynthia White

Recipe of the Month

Zucchini Bread

adapted from Trisha Yearwood

3 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon baking powder
1 teaspoon ground cinnamon
1/2 teaspoon allspice
1/4 teaspoon nutmeg
1 teaspoon salt
2 cups sugar
1 cup vegetable oil (or half and half with melted butter, my favorite!)
3 large eggs, beaten
4 cups grated zucchini, drained
1/2 cup shredded coconut, chop some if the shreds are long
1/2 - 3/4 cup chopped toasted nuts - optional



- Preheat the oven to 325 degrees F. Grease two 5-by-9-inch loaf pans with cooking spray.
- Toss the zucchini with a little (like 1 tablespoon) of the sugar in a colander over a bowl.
- Set aside to drain, gently press out the extra liquid.
- In a mixing bowl, whisk together the flour, baking soda, baking powder, spices and salt.
- Whisk together the sugar, oil, butter and beaten eggs and add to the flour mixture.
- Gently stir in the zucchini, coconut, and nuts, if using.
- Pour the batter into the loaf pans.
- Bake until a toothpick inserted into the center of the loaf comes out clean, about 1 hour.
- Cool for 10 minutes before removing the loaves from the pans.
- Turn the breads out onto wire racks to cool completely.

NOTES:

The original recipe only had cinnamon (not enough spice for me) and added maraschino cherries (ick!) but 1/2 to 3/4 cup of raisins or dried cranberries would be good additions.

Toast the coconut while you toast the nuts for extra flavor!

If you can find UN-sweetened coconut, use it, if not cut back on the sugar by 1/4 cup.

If your zucchini has developed much in the way of seeds, scoop those out before you grate.

Submitted by Penny Walgenbach

Gardening Guide

UC Master Gardener Program of Colusa County

Zones 8 and 9

	September	October	November
P L A N T I N G	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> You can still sow seeds of wildflowers this month. Plant California poppy, calendula, clarkia, and sweet peas. In the veggie garden plant seeds for lettuce, mustard, spinach, radishes and peas. If you didn't get your new tree planted last month, it is not too late to take advantage of the fall root growth that will give your new tree a strong start in the spring.
M A I N T E N A N C E	<ul style="list-style-type: none"> September is a good time to consider reducing the size of your lawn. Put your spent annual and vegetables in your compost pile. Add compost to the beds that had the annuals and vegetables you are pulling out, before re-planting. This is also the month to dig, divide, and re-plant overgrown perennials that have finished blooming. 	<ul style="list-style-type: none"> Put your spent annuals 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. This is also the month to dig, divide, and re-plant overgrown perennials that have finished blooming. Be sure to clear out any weeds that developed in the perennial bed. 	<ul style="list-style-type: none"> In the middle of the month fertilize the veggies and flowers that were planted in October. Also, this is the time to plant the chilled bulbs, and the spring flowering tubers and corms. Clean up all the fallen/falling leaves and other plant debris and dispose of diseased materials.
P R E V E N T I O N	<ul style="list-style-type: none"> Be sure to clear out any weeds that developed in the perennial bed. 	<ul style="list-style-type: none"> Early in the month you should buy your new bulbs and refrigerate them for six weeks before planting them in the garden. 	<ul style="list-style-type: none"> Look at your camellias and remove excess buds to get larger flowers.

Seasonal Landscape IPM Checklist

September

- 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.
- [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 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.
- [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.
- Oak [gall wasps](#) - Usually do no serious harm to oaks. Control is very difficult.
- [Plant](#) California natives. Select species and cultivars well-adapted to the local site. Water regularly to keep root zone moist, but not soggy.
- [Prune](#) evergreen, summer-flowering shrubs.

- [Root rot](#) - Favored by excessive water and poor drainage. Avoid overirrigation and waterlogged soil.
- [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

Bolt—To produce seeds or flowers prematurely.

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!*

PRACTICAL | CONNECTED | TRUSTED



MASTER GARDENER PROGRAM

THINKING SAFE AND GREEN



**AGRICULTURE AND NATURAL RESOURCES
ENVIRONMENTAL HEALTH AND SAFETY**

#25

SAFE USE OF RAKES AND SHOVELS

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



Information available from the U.S. Consumer Product Safety Commission indicates more than 28,000 people nationwide received hospital treatment during 2009 for unpowered garden tool injuries, including the use of rakes and shovels. Typical injuries were strains to the back, shoulder, and wrist and lacerations caused by stepping on a rake. Many of these injuries were avoidable and due to inattention or improper handling of the rake or shovel and could have been prevented by using the precautions given below.

Precautions for the Safe Use of Rakes and Shovels

- Select the correct shovel or rake for your job. A square-bladed shovel is used for lifting and moving loose material. A round-bladed shovel is used for digging and a garden spade for turning soil, transplanting, and edging. Fan-shaped leaf rakes are for raking leaves and other garden debris. Level-headed rakes are used for grading and smoothing garden surfaces.
- Prior to use, always inspect the rake or shovel for defects or damage (e.g., splintered, loose, bent, or cracked tool handles, loose connections, and damaged tines or blade).
- Leaving a wood-handled shovel outdoors in the rain may lead to wood decay inside the shovel head attachment area which can result in the shovel head breaking off and possibly causing an injury.
- If a rake or shovel fails your inspection, remove it from use.
- It is a good safety practice to loosen your muscles by stretching and performing light exercise before using a shovel or rake. Likewise, it is a good safety practice to also stretch your muscles when done raking or shoveling.
- Pace yourself as you rake or shovel. Take frequent breaks and consume adequate water for the gardening weather conditions.
- Use a rake or shovel that is comfortable for your height and strength. Do not use a rake or shovel that is too long or heavy for you. A garden shovel should have a length that is approximately the same as from the ground to between your elbow and chest height.
- Wear gloves to protect your hands from blisters.
- Wear sturdy, closed-toed shoes or boots when raking or shoveling.
- When raking, stand upright and use the rake to pull leaves or dirt towards you.
- Bend your knees when picking up leaves for disposal.
- Before shoveling, inspect the area for obstructions such as cables and pipes.
- When shoveling, stand upright and bend your knees so your legs carry most of the load. Push the shovel blade into the soil or material to obtain a shovel load. Keep your arms and elbows close to your body when handling a shovel load.
- Lift the shovel load by straightening your legs.
- Never twist your trunk when raking or moving a shovel load. Always turn your feet and body in the direction where you wish to pile leaves or spread or drop the shovel load.
- Never overextend your arms or shoulders to load a shovel.
- When digging, use the ball of your foot to push the shovel blade into the ground.
- Shovel loads should not be thrown above about four feet or further than about three feet. Never toss or flip shovel loads over your shoulder. Keep shovel loads under 15 pounds.
- Never lay a garden rake down with the teeth pointing up – the teeth should always be pointing down.
- When raking or shoveling for long periods, vary your arm and leg positions and movements.



Garden Club of Colusa County activities

September 25, 6:30 pm
St. Stephens Church
Colusa

Did a friend send you this newsletter?

- You can get your own newsletter sent directly to your inbox by [clicking here](#).



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

The University of California, Division of Agriculture and Natural Resources (UC ANR) prohibits discrimination against or harassment of any person in any of its programs or activities on the basis of race, color, national origin, religion, sex, gender, gender expression, gender identity, pregnancy (which includes pregnancy, childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), genetic information (including family medical history), ancestry, marital status, age, sexual orientation, citizenship, status as a protected veteran or service in the uniformed services (as defined by the Uniformed Services Employment and Reemployment Rights Act of 1994 [USERRA]), as well as state military and naval service.

UC ANR policy prohibits retaliation against any employee or person in any of its programs or activities for bringing a complaint of discrimination or harassment. UC ANR policy also prohibits retaliation against a person who assists someone with a complaint of discrimination or harassment, or participates in any manner in an investigation or resolution of a complaint of discrimination or harassment. Retaliation includes threats, intimidation, reprisals, and/or adverse actions related to any of its programs or activities.

UC ANR is an Equal Opportunity/Affirmative Action Employer. All qualified applicants will receive consideration for employment and/or participation in any of its programs or activities without regard to race, color, religion, sex, national origin, disability, age or protected veteran status.

University policy is intended to be consistent with the provisions of applicable State and Federal laws.

Inquiries regarding the University's equal employment opportunity policies may be directed to: John I. Sims, Affirmative Action Compliance Officer and Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1397. Email: jsims@ucanr.edu.
Website: http://ucanr.edu/sites/anrstaff/Diversity/Affirmative_Action/.

This policy statement supersedes the UC ANR Nondiscrimination and Affirmative Action Policy Statement for University of California Publications Regarding Program Practices dated July 2013.

Spiders

Spiders are mostly beneficial because they feed on pest insects.

However, many people think that all spiders are dangerous and aggressive. In California, the main spider capable of causing serious injury is the black widow, which generally remains outdoors and out of sight. Spiders seen out in the open during the day are unlikely to bite people. Focus pest management efforts on removing webs and hiding places. Pesticides are not generally recommended.



Jack Kelly-Clark, UCIPM

Adult wolf spider.

What to know about spider bites:

- The jaws of most spiders are too small to bite humans.
- Adult female black widows are the main spiders capable of seriously injuring people in California. They are shiny black with a red hourglass marking on the underside and are commonly found outdoors, in sheltered, dry, undisturbed areas such as wood piles and garages.
- Anyone bitten by a black widow spider should remain calm and seek medical advice.
- The brown recluse spider and the hobo spider do not live in California.
- Some other spiders bite when trapped in clothing or bedding, but the effect is usually no more severe than itching or the reaction to a bee sting.

To prevent spiders from entering your house, take these steps:

- Seal home foundation cracks and other access holes.
- Inspect window and door screens for good seals to keep out spiders and the insects they prey on.
- Keep areas around home foundations free of clutter.

Manage spiders using these tips:

- Indoors, regular housecleaning provides adequate spider control.
- Vacuum up the spider and its web.
- Alternatively, squash spiders or capture them in a jar and release them outside.
- Prevent clutter buildup that can provide spider hiding places both indoors and out.
- Remove spider webs from the exterior of the house with a broom or high pressure hose.

Spiders and biological control:

When removing spiders, don't overlook the fact that spiders eat a large number and variety of nuisance and pest insects. Spiders also have natural enemies—wasps, other spiders, birds, reptiles, and others—that sometimes keep them from becoming too numerous.



Jack Kelly-Clark, UCIPM

Adult jumping spider.



RS Vetter, UCR

Adult marbled cellar spider.



Jack Kelly-Clark, UCIPM

Adult sac spider.



RS Vetter, UCR

Underside of female black widow spider.

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.

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