



A Garden Runs Through It

December 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

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Upcoming events

[Listen to our Podcast](#)



Our next event will be the

Colusa Farm Show
February 6, 7, 8

Hope to see you there!



Advice to Grow by ... Ask Us!



Listen to Our Podcast

visit:

theplantmasters.com

In this episode of “A Garden Runs Through It”,
Pam and her guest, Chaz, talk about insects!



 University of California
Agriculture and Natural Resources  UCCE Master Gardener Program
Colusa County

“A Garden Runs Though It” is produced in partnership with:
Stitches & UC Master Gardener Program of
Colusa County

Activities at the Donna Critchfield Demonstration Garden

499 Margurite St., Williams

Vegetables

We have been harvesting the winter vegetable garden. So far, we have picked radishes, beets, broccoli, cabbage, sugar peas and broccolini.

This year we have had a problem with cabbage loopers. Those are the white butterflies (moths) flying around. The caterpillars are small and green. The caterpillars eat the leaves. Also, around Thanksgiving, aphids showed up in large numbers. Usually, the cold weather takes care of these insects but until recently the weather has been warm. Because these are edibles, we did not spray pesticides. A strong stream of water will wash off the caterpillars and aphids.

Landscape

The 10 x 10 water-wise landscape was planted in November 2022. Every time we look at the landscape garden it gets bigger! We are so happy with it. We replaced 2 plants this fall.

We purchased landscape plants for another 10 x 10 landscape. All of the big plants were purchased from the UC Davis Arboretum and they have been planted. The small plants will come from our gardens.

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.

A bench is in the landscape area, so you can enjoy the garden while sitting.

Raised beds

The lumber for the new 4x8 foot raised bed has been purchased. We also purchased a small raised bed on legs kit. In late winter/early spring we will order soil. Everything will be ready for spring vegetables. All of our winter seed crops have been planted in the raised beds.

Giving Tuesday

We received \$950 in donations. Donations fund the Donna Critchfield demonstration garden. Thank you for your generous donations!



Ornamental Plant of the Month

Aquilegia eximia Serpentine Columbine

Serpentine Columbine is a California native plant, is exceptionally tough, long lived and showier than most columbines. It grows with attractive delicate foliage in basal mound and attracts hummingbirds.

A medium size perennial up to 5 feet tall, it can be grown in shade or part shade with low to medium water needs. The 2-inch orange blooms throughout spring and summer.

It is immune to mildew and very tolerant of non-draining clay soils. Remove old flower stalks and foliage in the fall.



Submitted by Bernice Dommer

Edible Plant of the Month

Healthy Soil

Healthy Soils Week

Have you ever looked; I mean really looked at your soil? What do you see? Do you see critters such as earthworms? Have you looked at your soil under a microscope? There are many components to soil. Soil is a big subject, pun intended. We will only be able to scrape the surface in this article, yes pun intended.

Dirt and soil are NOT the same thing. Dirt is a lifeless mixture of minerals, air, and water. Soil includes minerals and air, as well as animals and other living things, and eventually their waste and/or decaying bodies.

What is Soil?

Soil is a naturally occurring mixture of inorganic and organic ingredients with a definite form, structure, and composition, that varies from one location to another. Soil is vital to anchor plant roots, supply water and air to those roots, furnish nutrients for plant growth.

Soil also: absorbs rainfall and mitigates flooding, removes pollutants, and cleanses water, stores water for plants, wildlife, and people, provides habitat for organisms such as microscopic bacteria and earthworms and stores atmospheric carbon.

The quality of the soil directly affects its ability to carry out each of these important tasks.

Healthy soil is loose, friable, and well-drained, approximately 45% minerals, 25% water, 25% air and 5% organic matter, has good structure and texture, plenty of nutrients and a pH between 5.5 and 7.5 and has large numbers and types of organisms.

The living component of soil is referred to as the soil food web and includes microscopic bacteria, algae, fungi, and protozoa; more complex life forms like nematodes and micro-arthropods, and visible creatures such as earthworms, insects, and small vertebrates.

The main factors that impact the health of the soil are the soil structure and texture, soil chemistry, organic matter content, soil biology and water infiltration, retention, and movement.

Healthy soil has a good combination of all these factors; unhealthy soil has a problem with at least one of them.

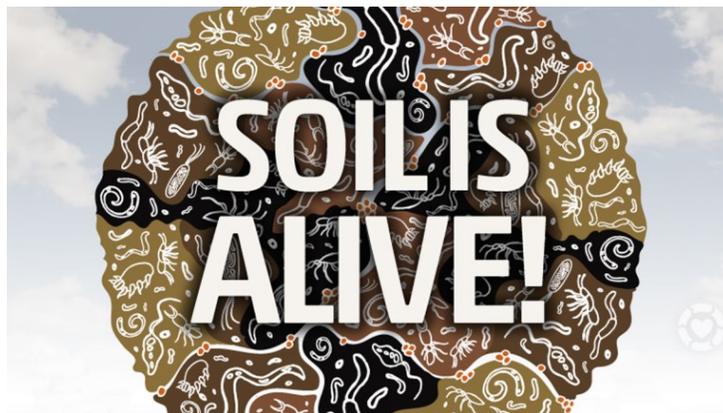
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What does healthy soil do? Healthy soil cycles nutrients, making them available to plants, provides a healthy rooting environment, creates habitat for diverse plants, animals, and microbes living in and above the soil, minimizes leaching of nutrients into ground and surface water, minimizes run-off and erosion, maximizes water-holding capacity so water enters the soil and is available for plant growth, absorbs and filters excess nutrients, and pollutants so water does not carry contaminants to groundwater or surface water, and provides a stable foundation for structures.

Do you have healthy soil? There are many indicators of healthy soil such as: productive, good-looking plants, earthworms, water that penetrates easily and soil that is easy to work.

At the Donna Critchfield demonstration garden, we have been working toward healthy soil by adding compost. We now have good working soil that is productive, supports earthworms and is becoming easy to work.



Submitted by Gerry Hernandez

Gardens I Have Visted

1000 Palms Oasis Preserve

Now that we are into the cooler months of the year my thoughts have been drifting to the southern part of our state to one of my favorite places to visit. If you happen to find yourself in the Palm Desert area of the state you might want to visit. It is located at 29200 Thousand Palms Canyon Road in Thousand Palms, CA and the phone number is 760-232-1234.

This delightful haven has no user fees, though donations are greatly appreciated. Enjoy picnicking, hiking and the rustic visitor center, the "Palm House." On the northern side of the Coachella Valley, nestled at the feet of the Indio Hills, the Coachella Valley Preserve is "The Old West" just minutes from Palm Springs, Indian Wells, Rancho Mirage, Palm Desert, Indio and other desert cities. Enjoy some of the 20,000+ acres of desert wilderness, wildlife and trails. Participate in one of the guided hikes, or help improve the Preserve by joining their trail stewards. Financial assistance is always welcome through your donation. Your support will be used to preserve the "Palm House," keep the bathrooms stocked, eradicate invasive species and improve trail access.

The Thousand Palms Oasis Preserve is an excellent bird and wildlife viewing location due to its abundance of trees, palms and watering holes. The palm oases have cropped up in various areas of the Preserve where the water has risen to the surface, creating small ponds and marshy zones. It sits directly over the San Andreas Fault which is why the water bubbles up so nicely.

The Visitor's Center is located off of 1000 Palms Rd. in a large, shady palm oasis. Its little building was once the cabin of Paul Wilhelm, who built it from palm trunks in the late 1930s. Wilhelm welcomed visitors, inviting them to enjoy the palm groves, hiking trails and ponds. Wanting to safeguard the land and to keep it open and available for the public to enjoy, he contacted his neighbors to try to arrange its future. Fortunately for the Preserve, this group of philanthropists all agreed to merge their land to conserve the area for future generations.



Submitted by Cynthia White



MASTER GARDENER PROGRAM

THINKING SAFE AND GREEN



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ENVIRONMENTAL HEALTH AND SAFETY

#9

SAFE LIFTING PRACTICES

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



More than 1,000,000 back injuries occur in the workplace each year. Approximately 800,000 of these injuries are to the lower back and 750,000 happen while lifting objects. **English and Spanish language safety videos on preventing back injuries are also available for loan from the ANR Environmental Health & Safety Library at: <http://safety.ucanr.org>.**

Recommended Safe Lifting Practices

- Prior to lifting, determine the weight of the load by pushing on the object.
- If you determine the weight to be large, reduce the load by splitting it in half or more.
- Do not try to lift objects beyond your capability. If you have to strain to lift or carry a load, then it is too heavy for you.
- If the weight of a load is beyond your capability, find someone to assist you with lifting the load or use a forklift, dolly, or hand truck to move the load.
- Before lifting a package, make sure the contents are secure and the weight is balanced so that the contents will not shift when moved.
- Stand close to the load with your feet slightly staggered and spread apart to about shoulder width.
- While maintaining a straight back, squat by bending your knees.
- Firmly grasp the object and begin slowly lifting with your legs.
- Do not twist your body while lifting at a controlled speed. Keep the object's center of gravity as close to your body as possible.
- Carry the load between the shoulder and waist.
- If required to turn while carrying the load, turn with the feet and not with the trunk of the body.
- Do not walk on slippery or uneven surfaces while carrying a load.
- To set a load down, lower yourself at a controlled speed by bending your knees while maintaining a straight back.
- Take frequent breaks when you are lifting and carrying many loads. Do not overtire yourself.
- Studies conducted by the National Institute for Occupational Safety and Health (NIOSH) concluded there was insufficient evidence to recommend the use of back belts to prevent back injuries.

Recipe of the Month

I just saw this in Better Homes and Gardens November Issue...
and as good a baker as I am, I love those crescent dough rolls
and I never try to make them myself!

Pull Apart Crescent Dough Christmas Tree

pillsbury.com

2 cans of Pillsbury Refrigerated Crescent Rolls, 8 rolls per can
2 packages of Boursin garlic and herbs cheese, 5.5 oz per package
1 tablespoon melted butter
2 tablespoons minced parsley

Preheat oven to 375 degrees

Line a cookie sheet or sheet pan with parchment paper

Carefully unroll each can of crescents

Separate each sheet of dough into 8 triangles

Carefully cut each triangle in half from point to base

You should have 32 triangles

Place about 2 teaspoons of cheese at the base of each triangle

Roll up from base to point, enclosing the cheese

Lay out prepared rolls in the shape of a tree

Start with 4 rolls to form the trunk, set in a square, 2 by 2

The next row is the widest part of the tree

The first roll is centered between the two trunk pieces

Then place 3 rolls on either side of it for a total of 7 rolls

Each additional row is 1 roll less than the one below it - 6 rolls, 5 rolls, 4 rolls, etc.

Keep the rolls close together so your tree will hold together when you serve

Bake 20-25 minutes until golden brown, cheese will ooze out a little

Brush with melted butter and sprinkle with parsley while hot.

OR think chocolate croissant - roll up around a square of your favorite chocolate bar

And regardless, sprinkle with powdered sugar or drizzle with icing.

You ALL know I never leave any recipe alone!! So many choices!!

I could imagine swapping out the Boursin for any prepared flavored goat or soft cheese.

OR make your own filling with softened cream cheese and any combination of:
seasonings - lemon zest, parsley, dill, oregano or tarragon, onion powder, pepper
and cheese - grated parmesan or Romano, gruyere or Swiss, cheddar or bleu

OR skip the cream cheese and roll around a little dab of soft brie or just grated cheese
While I was writing this someone suggested having a dish of marinara on the side for dipping!
That got me thinking of a slice of salami in the center

Which led me to thinking of cooked bacon and cheese with a mustard sauce as the dip!

OR go sweet - think cinnamon roll filling - butter, brown sugar, cinnamon, nuts or raisins

OR think lightly sweetened cream cheese topped with a dab of raspberry jam



Submitted by Penny Walgenbach

Gardening Guide

UC Master Gardener Program of Colusa County

Zones 8 and 9

	December	January	February
P L A N T I N G	<ul style="list-style-type: none"> • Plant • Bare-root roses • Bulbs • Camellias • Cyclamen • Hellebore • Living Christmas trees • Bare-root fruit and landscape trees 	<ul style="list-style-type: none"> • Plant rhubarb, strawberries, and cane berries. • This is the time to plant bare root roses, trees, artichoke crowns, grapevines, and other vines. • You can still plant pansies, violas, snapdragons, and fairy primroses. • Plant gladiolus every 2 weeks for a succession of blooms. • Later in the month you can divide Shasta daisies, daylilies, chrysanthemums, and other perennials. 	<ul style="list-style-type: none"> • Plant in vegetable garden by direct seeding: radishes, beets, chard, and peas. • Start tomato, pepper and eggplant seeds indoors. • Flowers to transplant or direct seed: snapdragon, candytuft, larkspur, coral bells, and stock. • Plant bulbs for summer bloom: dahlias, begonias, gladiolus, lilies, etc. • Plant potatoes.
M A I N T E N A N C E	<ul style="list-style-type: none"> • Adjust your irrigation • Protect citrus and other sensitive plants • Add mulch to beds • Divide perennials 	<ul style="list-style-type: none"> • Roses, fruit trees and other perennials can be pruned this month. • Do not prune spring flowering shrubs until after they bloom. • Prune berry canes that bore fruit last year to the ground. • Prune grapevines back, leaving 2 to 3 buds per side shoot. 	<ul style="list-style-type: none"> • Fertilize mature trees and shrubs after spring growth starts. • Be sure to remove and discard (do not compost) fallen camellia blossoms to reduce petal blight. • Fertilize spring blooming and fall-planted perennials. • Finish pruning roses. • Prune summer blooming shrubs now.
P R E V E N T I O N	<ul style="list-style-type: none"> • Apply dormant spray • Throw out fallen rose leaves <p>* Shop: Plants and seeds make awesome holiday, hostess and mystery gifts!</p> 	<ul style="list-style-type: none"> • Spray horticultural oil on pruned fruit trees to control scale, mites and aphids. Thorough coverage will kill over-wintering eggs. • Later in the month, spray neem oil on roses to control mildew, rust, and black spot. • Do not apply oils unless there will be 24 hours of dry weather following application. • Be sure to clean up debris (leaves and twigs) around roses and fruit trees to help prevent disease. 	<ul style="list-style-type: none"> • Around Valentine's Day apply dormant copper spray to peach and nectarine trees no later than bud swell. • Watch for aphids on spring blooming bulbs; remove with a strong spray of water. • As the weather warms prepare to battle slugs and snails with traps or pet-friendly baits.

Seasonal Landscape IPM Checklist

December

- Abiotic Disorders - Prevent or manage damage, such as that caused by aeration deficit, frost, hail, herbicides, wind, and too much or little water.
- [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 brown rot, root rots, and snails.
- [Clean up](#) mummies and old fruit and nuts in and under trees to avoid harboring pests. [Remove fallen leaves](#) from beneath deciduous fruit trees and roses.
- [Compost](#) - Add leaves dropped during fall. Turn and keep it moist. Cover during rainy weather if needed to avoid sogginess.
- Continue [rainy-season prevention of diseases](#), [earwigs](#), [snails and slugs](#), and [weeds](#).
- [Frost](#) - Protect sensitive plants from cold injury when freezing or frost are predicted.
- Implement [disease and insect control](#) for apple, pear, stone fruits, nut trees, and deciduous landscape trees and shrubs such as roses.
- [Irrigation](#) - Adjust watering schedules according to the weather and plants' changing need for water. Reduce irrigation frequency or turn off systems if rainfall is adequate. Irrigate deeply but infrequently if the winter is dry.
- [Mistletoe](#) - Prune off infected branches.
- [Olive knot](#) and [oleander gall, or knot](#) - Avoid pruning olive and oleander during wet weather if stem galls are a problem.
- [Pine](#) bark beetles, pitch moths, western gall rust, and wood borers - If pines need branch removal, prune during October through January.
- [Plant](#) bare root deciduous trees, shrubs, and vines e.g., caneberries, fruit and nuts, grapes, and roses. Plant seedlings of cedar, fir, pine, and spruce. Select species and cultivars well-adapted to the local site.
- [Prune](#) deciduous trees and shrubs that need pruning e.g., apple, crape myrtle, pear, rose, spirea, and stone fruits. Make cuts properly to encourage good form and structure. Remove dead, diseased, and borer-infested wood. Except certain pests and host plants warrant summer pruning e.g., shothole borer, apricot, and cherry.
- [Root rot](#) - Favored by excessive water and poor drainage. Avoid overirrigation and waterlogged soil.
- [Stone fruit diseases](#) - Monitor for leaf curl or shot hole of apricot, nectarine, peach, and plum.

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

Tuber—An enlarged, fleshy, underground stem bearing buds; usually a storage organ. Potatoes are tubers.

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

Garden Club of Colusa County activities

January
St. Stephens 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

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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.

Cockroaches

Cockroaches thrive in both indoor and outdoor environments that provide food, water, and shelter.

During the day, roaches hide in dark, moist areas like cracks, water meter boxes, sewers, and crawl spaces. They come out at night to feed. Good sanitation and exclusion are important for effective control; pesticides alone will not solve cockroach problems. When using insecticides, baits provide better control than sprays.



German cockroach adult (top) and nymph.

Jack Kelly Clark, UCIPM

Identify the cockroach species before taking action.

- Effective management options vary according to species.
- Cockroach sticky traps are useful in catching roaches for identification.
- Some cockroaches live outdoors but can invade indoor spaces (American, oriental, and Turkestan) while others live and breed entirely indoors (German and brownbanded).

Remove food and water sources.

- Store food in tightly sealed containers.
- Keep trash in containers with tight lids.
- Fix plumbing and irrigation leaks to reduce sources of water.
- Regularly vacuum indoor cracks and crevices, clean behind kitchen appliances, and clean floors and counters, since even tiny crumbs or liquids provide good food sources.

Exclude roaches and remove their hiding places.

- Seal cracks and other openings in walls, under and around doors, and around windows to prevent invaders coming in from outside.
- Use door sweeps and weather stripping on doors and windows.
- Seal cracks in false bottoms of cupboards and other indoor hiding places.
- Remove old papers, cardboard boxes, and other clutter, especially in kitchens and bathrooms.

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

Use traps to identify and track cockroach populations.

- Cockroach sticky traps are available in garden and hardware stores.
- Place traps on the floor around edges of walls, in cupboards, and other places where you think roaches are foraging. Place traps near exterior doors to catch invading outdoor species.
- Check traps daily until you can tell where the most cockroaches are being caught.



CA Reynolds, UCIPM

A sticky trap placed to monitor and trap cockroaches.

What about pesticides?

- Avoid using foggers, bombs, or aerosol sprays; these products can be hazardous and may repel and disperse cockroaches to other areas without actually killing them.
- Insecticide sprays do not provide long-term control. Sprays are not necessary if cleanup and removal of hiding places is combined with effective baits and boric acid powder.
- Boric acid powders and desiccant dusts may be applied within hollow walls, under refrigerators, and other undisturbed hiding places. This approach is very effective but may require a pest control professional. These materials must remain dry and undisturbed in order to be effective.
- Insecticide gels and bait stations placed near cockroach hiding areas can be effective if other food sources are removed. It may be 7 days or longer before you see fewer cockroaches.
- To control outdoor cockroaches, place baits in water meter boxes, drains, or under concrete slabs.
- Contact a pest control professional for very serious infestations.

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.