



A Garden Runs Through It

January 2024

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

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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!

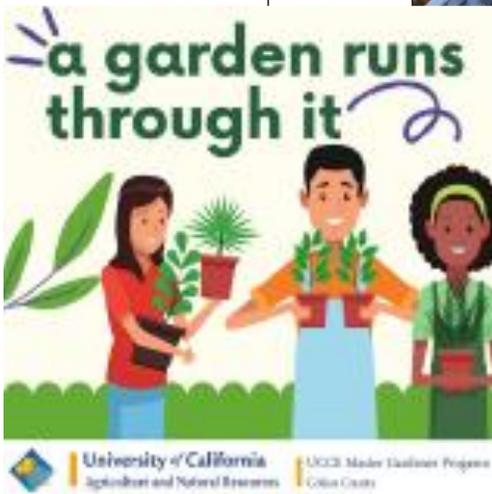


Listen to Our Podcast

visit:

theplantmasters.com

In this episode of “A Garden Runs Through It”, our guest, Sarah Light UC Farm Advisor talks about healthy soil.



“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. The vegetables are harvested for the Ministerial Food Distribution and the Colusa County Office of Education Kitchen.

I can't believe it's January and we are still talking about aphids! We have sprayed a strong stream of water but not on a regular basis. We have also used neem oil. The nice warm afternoons have been great for people and aphids.

By the way, the celery is doing fabulous!

Landscape

In January or February, we will prune the water-wise landscapes.

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.



Weeds

The rain has been good for weeds. They are growing as fast as we pull them.

Raised beds

The new raised bed has been built! 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.



Ornamental Plant of the Month

Spiraea spp.

Spiraea

A perennial sun loving shrub, which, may reach 20 feet depending species. The Spiraea is best planted in a loamy, well-draining soil, with a neutral pH, zones 5-8.

Keep newly planted Spiraea well-watered until they have established themselves. After this point, it is okay to taper off watering as it is only necessary when the soil is dry. This method is preferred because the genus tends to develop root rot and overwatering can cause serious issues.

Spiraea can be winter hardy down to 15 degrees Fahrenheit. It is a good idea to check the individual species' details, but the general range is USDA 4-8, with some being a little bit pickier than others.

The Spiraea genus is not one that feeds heavily. If it is producing healthy and vigorous blooms, no fertilization may be needed. If feeding is required, it should only be done annually in the early spring with a slow-release fertilizer.

Types of Spiraea

There are many different Spiraea species to choose from. Below are just a few popular choices available for growing in North America.

- Birchleaf spiraea (*Spiraea betulifolia*): While it has some summer interest in small white flowers, the real highlight is the show this shrub puts on during the fall with purple, orange, and red shades.
- Early Spiraea (*Spiraea thunbergii*): Blooming early in the spring, this species offers three-season interest giving the most spectacular fall colors of purple, orange, burgundy, red and yellow.
- Japanese spiraea (*Spiraea japonica*): This species is easily the most cultivated with endless sizes, forms, colors, and textures. One popular cultivar is 'Gold Mound'.
- Bridal wreath spiraea (*Spiraea prunifolia*): Bridal wreath spiraea is a large species compared to others in the genus. It can reach heights up to 20 feet if not pruned back. Bridal wreath spiraea is named for the beautiful wedding wreaths traditionally made from its tiny white flowers. During autumn, reds, oranges, and yellows pop out of nowhere, setting the large shrub ablaze.

Any spiraea plant can benefit from a vigorous pruning of old wood. Cut each stem back, leaving at least five buds on each. Thin out branches from the middle to improve overall air circulation around the plant. Remove any suckers, and generally tidy up the plant. Most species should be pruned only after flowering is finished for the season.



Submitted by Bernice Dommer

Edible Plant of the Month

Soil Health

The January podcast talks about the subject of soil health. Go to theplantmasters.com to find the podcast.

The following is from Contra Costa Master Gardeners.

At the end of the gardening season, there is an instinct to uproot spent plants and clear the soil for a fresh start, whether it be for a cover crop, a winter vegetable crop, or next year's summer crops. There are some really great reasons why pulling out roots after cutting back the plants' top growth is not necessary and can even be detrimental.

The roots that remain after removing your vegetable plants in the fall or cover crop plants in the spring are slowly decomposed underground by worms, bacteria, fungi, and other beneficial soil organisms. These organisms perform a vital role in the soil. As leftover roots decompose, they release organic matter and nutrients into the soil.

Decomposing roots enhance soil structure, making it more porous and helping with aeration. They contribute to the soil's water retention capacity. Organic matter released during decomposition acts like a sponge, holding onto moisture. This creates a good environment for beneficial soil organisms like fungi, bacteria, and invertebrates.

The network of roots left in the soil helps prevent erosion. The root systems act as anchors, binding the soil together and reducing the risk of it being washed away during heavy rain. This is especially important on slopes to maintain the integrity of the topsoil.

And finally, leaving the roots saves gardeners time and energy!

What if you want to plant something in that bed with the roots still there? Seeds or seedlings can easily be planted through and around the remaining roots. Those decomposing roots will help feed the new plants.

This is a picture of us leaving the harvested plants at the Donna Critchfield demonstration garden for soil health.



Submitted by Gerry Hernandez

Book of the Month

Flower Show School Coming Up in Red Bluff

I know this column is supposed to be about a book but I wanted everyone to know about the great opportunity in our area. Most of these schools are in the southern part of the state and this one is just a few miles away. Anyone interested in being flower show judges take this course and a test but it's also a wonderful way to learn about horticulture and design for entries in flower shows like the one that the Garden Club of Colusa County sponsors at the Colusa County Fair in June.

Anyone interested in learning about the process should think about this. How many times have you wondered why one plant or one arrangement got a ribbon and perhaps another bigger or flashier one didn't. This is your chance to learn and then join the entries at the fair and know that you can do well.

You don't need to be a member of the garden club to take the courses. Each of the parts of the course of which there are 3, has three components: Horticulture design and flower show procedure, design curriculum where you learn the traditional, creative and able settings areas, and the third is the flower show procedure where you learn how to run the different kinds of flower shows.

For further information contact the Flower Show School chairs, Dottie Renstrom at tdrenstrom@yahoo.com or Joie Raymond at joieraymond@gmail.com. The cost for Course 1 is \$165 for non members or \$145 for members. Registration deadline is February 25. This is a wonderful opportunity and will enhance any joy you have for working with flowers and plants for life!! What a deal.



Submitted by Cynthia White

Recipe of the Month

Diagonal Jam Bars

adapted from America's Test Kitchen

16 tablespoons unsalted butter, softened

2/3 cup granulated sugar

1 egg yolk

1/2 teaspoon ground cinnamon

1/2 teaspoon table salt

2 1/2 cups all-purpose flour

3/4 cup seedless blackberry jam

1 teaspoon lemon juice

3/4 cup confectioners sugar

1 tablespoon hot water

Adjust oven rack to middle position and heat oven to 350 degrees.

Line baking sheet with parchment paper.

Beat butter and sugar until fluffy, beat in egg yolk.

Blend dry ingredients and add on low speed just until mixture comes together in a crumbly dough.

Transfer to work surface and knead/press gently until dough forms smooth ball.

Divide dough into 4 equal pieces.

Gently roll each piece into a 14-inch log on prepared sheet.

Leave a little "dam" at each end and create a trough $\frac{3}{4}$ inch wide and $\frac{1}{4}$ inch to $\frac{1}{3}$ inch deep on each log.

This will keep the jam from oozing onto the baking sheet and making a sticky mess!

Whisk jam and lemon juice together until smooth.

Transfer mixture to piping bag (or a zip bag with tip cut off*) and pipe evenly among troughs.

OR just use a small spoon and gently spread in the troughs.

Bake until logs are lightly browned and firm to touch, about 30 minutes, rotating sheet halfway.

Cool on sheet until just warm to touch.

Gently slide logs together until touching. This will help with glazing. Cool completely.

Whisk confectioners' sugar and water in small bowl until smooth.

Drizzle icing over cookies. Let sit until icing is set, 30 minutes or so,.

Run thin spatula under each log to release from parchment.

Carefully transfer log to cutting board.

Using sharp knife at 45-degree angle, trim $\frac{1}{2}$ inch from each end of log.

Enjoy the trimmings! Cook's treat.

Slice remaining length of dough on a diagonal into 8 equal pieces.

Repeat with remaining logs.

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Options:

1. Swap out the 1/2 tsp of cinnamon in the cookie for 1/2 tsp mace, cardamom, apple pie spice, etc. or 1/4 tsp nutmeg or cloves (stronger flavors), or maybe add 1 tsp lemon or orange zest to the dough.
2. Use apricot, raspberry, or another flavor seedless jam.
3. Swap out lemon juice in the jam for orange juice, rum, bourbon, Gran Marnier, Framboise?
4. Sprinkle sliced almonds over jam before baking?
5. Swap out the jam for Nutella, sprinkle with hazlenuts and finish with shaved chocolate instead of glaze?
I have not tried this, but it sounds good to me!
6. Swap out some of the water in the glaze for 1/2 tsp vanilla or 1/4 tsp almond extract.
7. Diagonals are cute, but rectangles would work too!

*If you put your zip bag in a coffee cup and fold the opening edges back over the rim of the cup, it makes putting the jam in the bag a lot easier! Just squeeze out most of the extra air, zip shut, snip the tip a little bit, and squeeze gently. This works for the glaze, too, just snip less.



Submitted by Penny Walgenbach

Gardening Guide

UC Master Gardener Program of Colusa County

Zones 8 and 9

	January	February	March
P L A N T I N G	<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. 	<ul style="list-style-type: none"> You can plant canna, gladiolus, and crocosmia for summer blooms. Early in the month you can still plant bare-root trees and shrubs. Don't be tempted by the plants in the garden centers unless you have a way to warm up the soil. It is still early for tomatoes, eggplant and peppers (although you could try late in the month if it is still warm.) Nights should be above 55°.
M A I N T E N A N C E	<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. 	<ul style="list-style-type: none"> Check your irrigation system and do necessary maintenance. Fertilize roses, annuals flowers, and berries with slow-release fertilizer when spring growth begins. Fertilize citrus and deciduous fruit trees. Prune and fertilize spring-flowering shrubs and trees after they finish blooming.
P R E V E N T I O N	<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. 	<ul style="list-style-type: none"> Watch for aphids on new growth on the roses; spray with a strong spray of water to remove them, or use insecticidal soap or horticultural oil spray. Keep on the weed patrol; pull them while they are small. Use iron phosphate bait for slugs and snails

Seasonal Landscape IPM Checklist

January

- 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.
- [Compost](#) - Turn and keep it moist. Cover during rainy weather if needed to avoid soggy soil.
- 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.
- [Peach leaf curl](#) - Apply preventive spray once or more during late fall through bud break if leaf curl has been a problem on nectarine or peach.
- [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 such as 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. Certain pests (e.g. shothole borer) and host plants such as apricot and cherry warrant summer pruning.
- [Root rot](#) - Favored by excessive water and poor drainage. Avoid overirrigation and waterlogged soil.
- [Sycamore scale](#) - Check for presence of pest. Difficult or impractical to control on large trees.



MASTER GARDENER PROGRAM

THINKING SAFE AND GREEN



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

#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.org/ergonomics>.

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.

Peach Leaf Curl

Peach leaf curl is a fungal disease that affects only peach and nectarine trees.

Distorted, reddened foliage in spring is a distinctive symptom of peach leaf curl. New leaves and shoots thicken, pucker, and may later die and fall off. If you allow an infection to go untreated for several years, it can lead to tree decline. To prevent peach leaf curl, treat susceptible trees with a preventive fungicide every year after leaves fall. Treating after symptoms appear won't be effective. When planting, consider tree varieties resistant to the disease.



Reddened and puckered leaves caused by peach leaf curl.

Look for symptoms in spring.

- New leaves and shoots redden and pucker. Leaves may yellow or be covered with powdery gray spores; leaves might also drop.
- Cool, wet spring weather prolongs disease development.
- A second set of normal leaves will replace fallen leaves, and tree growth will appear normal after weather turns dry and warm (79° to 87°F), although spores that can infect next year's growth may remain.
- Symptoms won't appear later in the season, although spores that can infect next year's growth may remain.

What about pesticides?

- The safest, effective fungicides available for backyard trees are copper soap (copper octanoate) or copper ammonium, a fixed copper fungicide.
- Apply either of these copper products with 1% horticultural spray oil to increase effectiveness.
- Bordeaux mixture is a home-made copper sulfate and lime mixture that must be carefully mixed up just prior to treatment. However, the raw materials are difficult to find.
- The synthetic fungicide chlorothalonil is also effective.

Photos by Jack Kelly Clark

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

Treat trees with a fungicide in late fall and winter.

- The fungal spores that cause the disease spend the winter on twigs and buds and germinate in the spring. For effective control, treat trees just after leaves have fallen, usually late November or December.
- A second application in late winter before buds swell can be considered, especially in areas with high rainfall or during wet winters.
- Don't apply fungicides during the growing season because they won't be effective.



Foliage damaged by peach leaf curl.

Make fungicide applications effective and safe.

- All peach leaf curl fungicides have environmental and health risks. Wear protective clothing and follow label directions to stop drift or runoff.
- When you spray, thoroughly cover all branches and twigs until dripping to ensure all spores are killed.
- After many years of use, copper ions from copper-based fungicides can accumulate in soil. This can harm soil microorganisms and, through runoff, aquatic organisms. Take care when using these materials to avoid excessive runoff.

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.