



## A Garden Runs Through It

October 2024

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

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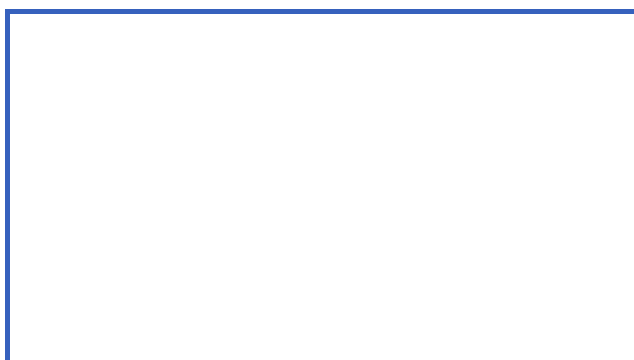


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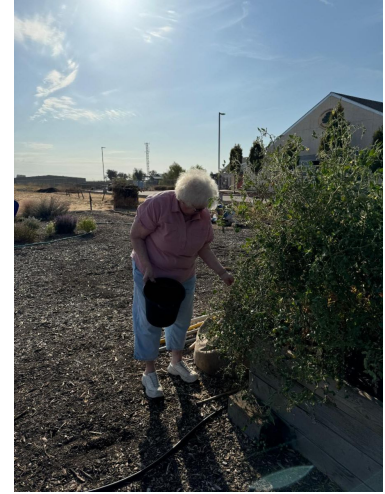
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### Upcoming Event



Pumpkin Centerpiece Workshop





### Harvesting

It was a busy month in the garden! In the first two weeks of December, the Master Gardeners had some help from the students at Colusa County Office of Education (CCOE) to clean out the summer garden. We were very grateful for their help digging out the deeply rooted sunflowers. We harvested tomatoes, peppers and basil for the CCOE Kitchen, then removed the remaining plants, and prepared the soil for planting.

### Seeding

In mid-September we planted many seeds in the raised garden beds. We planted lettuce, beets, kale, radishes, and carrots as seeds. At the end of the month, we also planted spinach, chard, napa cabbage, and cilantro.

### Planting

We planted cabbage, cauliflower, and broccoli starters directly into the garden rows, with some compost tilled into the soil. We also planted a salvia and a lavender plant to replace the two that did not make it through the summer heat.

## Gardener's Corner

### Winter Vegetable Gardening



Have you ever planted a winter vegetable garden? When do you start a winter garden? Why would I have a winter garden?

It's the beginning of October! Why are we talking about a winter vegetable garden now? If you love to plant your vegetables by seed, then now is the time to plant Brussels sprouts, cabbage, parsnips, cauliflower, broccoli, beets, kale, carrots, rutabaga, lettuce, onions, radishes and turnips it might be too late. August and September were the time to plant transplants. The same tips for a spring vegetable garden apply.

### Soil preparation



Till your soil. Till in some compost and water the soil. When the weeds start to come up it is a great time to hoe or pull them out. I like no-till where you dig a hole, mix in some compost and then plant.

### Seed planting

You can start your seeds indoors just like in the spring. Or you can start the seeds directly in the soil, but September is a bit late for some seeds. Check the label for “days to harvest” to see if you have enough time to plant.

### Transplants

If you don't like to grow your vegetables by seed, then use transplants. Transplants are found in garden centers starting in September.

### Watering

Since the days are hot right now continue to water. You will need to irrigate until the rains start.

### Insects and weeds

The best part of winter gardening is the lack of insects and weeds except in the warm months. Watch for aphids and cabbage loopers. Apply Bt (*Bacillus thuringiensis*) to the undersides of the leaves when you first see them. Pull or hoe weeds when they are small.

You can start seeds indoors and then transplant your winter vegetables throughout the winter months. Many of our winter vegetables can take a light frost and there is no need to cover them. Winter vegetable gardening is less stressful than summer gardening and just as rewarding.

Do you want to get your kids involved in gardening? Try growing radishes. From seed planting to your table is a quick turnaround.

Winter vegetable gardening, give it a try!

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## Penny Pinching Tips from a Master Gardener's Kitchen



Plan to COOK what you grew and/or bought! Time saving tips... Yes, cooking meals can be time consuming, but with some thought and a little planning you can cook once and have two or three meals ready to go. It is really easy once you get the hang of it.

- Prep your produce when you get home from the market - a Rachel Ray hint. Save the trimmings and freeze them in zip bags to go into stock later - waste not, want not.
- Break down those whole chickens, divide that whole pork loin roast or the family sized package of hamburger.
- Multi-task... you do it all the time already to keep track of your busy life and family.
- Engage the family in the process - they benefit from all your hard work and need these life skills anyway!!
- Take an afternoon or an evening to make a couple casseroles ready to throw in the oven or reheat in the microwave for dinner later in the week.
- Use your oven for two dishes at a time, serve one tonight and plan to quickly reheat one later. Roast a chicken while you bake a meatloaf or a casserole or a bundt cake. Use the leftover chicken for Taco Tuesday and then cook the bones with your veggie trimmings to make stock for gravy, soup or stew.
- Make extra rice or polenta or potatoes so you will already have a starch ready for dinner another night.
- Make a double batch of marinara sauce and use half for lasagna and freeze half for spaghetti and meatballs another week.
- Divide and package up your leftovers and freeze. Microwave them for lunch later in the week.

## Recipe of the Month

### Katherine Hepburn Brownies



I am headed to a potluck ice cream social soon and ran across this recipe. Katherine Hepburn was a classic and from the reviews I saw of this recipe, these brownies are, too. The recipe has been around since the 1980's. The original recipe created a thin, fudgy brownie with the nuts mixed in and used an 8x8 inch pan. I like my brownies thicker and prefer the nuts on top, so they toast as the brownies bake. I double the recipe and use a 9x9 inch pan.

#### **Katherine Hepburn Brownies**

1/2 cup cocoa powder (or 2-3 oz unsweetened chocolate, chopped)  
1/2 cup butter (1 stick)  
2 eggs  
1 cup sugar  
1/4 cup flour  
1 cup chopped pecans or almonds or walnuts - you choose  
1 teaspoon vanilla extract  
1/2 teaspoon instant espresso powder OR instant coffee powder, optional  
1/4 teaspoon salt, but only if you use unsalted butter

Heat oven to 325 degrees; line an 8x8 inch pan with parchment paper  
Leave extra parchment hanging over the edge for ease of removal.  
Hold the parchment in place with binder clips.  
Butter the parchment or spray with baking spray.  
Melt butter in a saucepan with cocoa (or chocolate)  
OR do this in microwave in a glass bowl.  
Be careful not to burn the chocolate!  
Either way, stir until smooth, remove from heat and allow to cool.  
Cooling is very important, or you will scramble the eggs when you beat them in.  
Whisk in eggs, one at a time, and whisk in vanilla and sugar.  
Combine flour, salt and coffee powder if you are using it.  
Either mix in the nuts OR save nuts and just sprinkle them on top later.  
GENTLY add the dry ingredients to the cocoa-butter mixture, mix just to combine.  
Pour into your prepared pan, bake 30-40 minutes (less for glass pan).  
A toothpick inserted in the center should come out clean.  
Do not overbake; the brownies should be moist, almost gooey.  
Let cool completely, refrigerating the brownies makes cutting easier.  
Once totally cool, lift out with the parchment and cut into bars.

# Gardener's Travels



## **Klaipeda, Lithuania and the Curonian Spit**

We recently had the experience of visiting the Curonian Spit on the coast of Lithuania which is a UNESCO World Heritage Site. It runs for over 60 miles along the seashore and protects the lagoon on one side and exposed to the harsh Baltic Sea on the other. It didn't seem like such an exciting place to visit after all we had experienced in the previous week, but when we made it to the scenic dunes, we realized the area was much more than it appeared.

Over the past 5 centuries the now nearly extinct Baltic ethnic group, the Curonians (Kursenieki), the health of this natural environment quickly began declining due to significant human impacts, namely deforestation. As a result of this destruction, the miles of life-giving forests eventually gave way to lifeless dunes, which could no longer sustain the Kursenieki and as a result swallowed over a dozen villages. Today, thanks to a reforestation project aimed at stabilizing the dunes, the Curonian Spit has made a remarkable comeback, making it a prime location for outdoor activities such as bird watching.

As we looked across the spit to the far end, we were told that we were looking at the Russian settlement of Kaliningrad, which was previously known as Konigsberg until 1946, and is the largest city and administrative center of Kaliningrad Oblast, a Russian exclave between Lithuania and Poland. The city sits about 663 kilometers (412 mi) west of the bulk of Russia. The city is situated on the Pregolya River, at the head of the Vistula Lagoon on the Baltic Sea and is the only ice-free Russian port on the Baltic Sea. Its population in 2020 was 489,359. Kaliningrad is the second-largest city in the Northwestern Federal District, after Saint Petersburg, the third-largest city in the Baltic region, and the seventh-largest city on the Baltic Sea. It was an ominous site for us.

The area is a true example of what can be done with an area once devastated by human impact – one hopes that it can continue to recover!

Submitted by Cynthia White

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## Thinking Safe and Green

### Master Gardener Program

#### **Gardening Hand-Tool Safety**

Information available from the U.S. Consumer Product Safety Commission indicates more than 26,000 people were treated in hospitals during 2006 for injuries sustained while using garden hand tools. Typical injuries were strains/sprains to the lower back, shoulder, neck, and wrist. Many of these injuries could have been prevented by properly using garden hand tools and by knowing your physical capabilities and keeping garden activities to within your limitations.

Click the link below to read this month's safety tip.

[#5 Gardening Hand-Tool Safety](#)



## Gardening Guide

### UC Master Gardener Program of Colusa County Zones 8 and 9

	October	November	December
Planting	<p>Cool-weather annuals like pansies, violas, snapdragons can be transplanted now.</p> <p>Also, you can direct seed cornflower, nasturtium, poppy, nigella, portulaca and sweet peas.</p> <p>If you don't have a winter garden, consider planting a cover crop to be tilled in next spring.</p> <p>Direct seed peas, spinach, radishes, lettuce, and carrots.</p>	<p>You can still sow seeds of wildflowers this month. Plant California poppy, calendula, clarkia, and sweet peas.</p> <p>In the veggie garden, plant seeds for lettuce, mustard, spinach, radishes and peas.</p> <p>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.</p>	<p>Bare-root roses</p> <p>Bulbs</p> <p>Camellias</p> <p>Cyclamen</p> <p>Hellebore</p> <p>Living Christmas trees</p> <p>Bare-root fruit and landscape trees</p> <p>Plants and seeds make awesome holiday, hostess and mystery gifts</p>
Maintenance	<p>Early in the month you should buy your new bulbs and refrigerate them for six weeks before planting them in the garden.</p> <p>October is also good time to consider reducing the size of your lawn. You can still rejuvenate a lawn with over-seeding.</p> <p>Be sure to deadhead your roses following the October bloom.</p> <p>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.</p>	<p>Look at your camellias and remove excess buds to get larger flowers.</p> <p>In the middle of the month fertilize the veggies and flowers that were planted in October.</p>	<p>Adjust your irrigation</p> <p>Add mulch to beds</p> <p>Divide perennials</p> <p>Throw out fallen rose leaves</p> <p>Catalogs are arriving to get you excited about what to plant next year. You might want to consider removing some lawn area and creating a new planting bed to make room for all the new plants in the catalogs.</p>
Prevention	<p>Check azaleas, gardenias and camellias for leaves yellowing between the veins. Apply</p>	<p>Clean up all the fallen/falling leaves and other plant debris and dispose of diseased materials.</p>	<p>Protect citrus and other sensitive plants</p> <p>Apply dormant spray</p>



chelated iron if disease is present.  
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.  
Keep your compost bin covered with a plastic tarp when rains begin.

## Science word of the month

**Bareroot:** A plant sold without a pot or soil around its roots; bareroot trees, shrubs, and vines are available in late winter and early spring when the plants are fully dormant

## Advice to Grow By ... Ask Us!



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.

## Meet Our New Master Gardener Coordinator

Hello everyone! I'm Karyna Barrera, the new Master Gardener Coordinator and Community Outreach Coordinator for Colusa County. I was an Elementary school teacher for 7 years, and I'm very excited to start this new chapter of my career. I've always loved plants and the outdoors, and I'm looking forward to spending more time in nature, while continuing to fuel my passion for education. I've already been enjoining all of the parts of my new position, and I'm so grateful that I get to work with the lovely Master Gardeners of Colusa County. They have a wealth of knowledge to offer the community, and my goals are to learn as much as I can from them, showcase their expertise, and advertise their events to increase community engagement.





Please reach out if you have any questions, suggestions, articles, or events to share with the community.

## Contact Us

UC Cooperative Extension,  
Colusa County  
P.O. Box 180  
100 Sunrise Blvd., Suite E  
Colusa, CA 95932  
530-458-0570  
[cecolusa.ucanr.edu](http://cecolusa.ucanr.edu)

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