

University of California
Agriculture and Natural Resources
Making a Difference for California



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Whether it's a vegetable garden, house plants or a landscape...

A Garden Runs Through It

In This Issue:

June 2017

This newsletter is produced by:

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Master Gardener
Coordinator

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Luis Espino
County Director

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OFFICE HOURS:

Tuesday,
9 am—12 pm
1 pm –4 pm
UCCE office,
100 Sunrise Blvd.,
Colusa
458-0570

Have a question?
Email us at
colusa@ucanr.edu

[Our Blog](#)

[Small gifts can make a big difference.
Click here to support us.](#)

Information Booth Locations:

Colusa County Fair
June 8-11
Etchepare Hall

- Scavenger hunt
- Make bee and lady bug fans
- Ask a gardening question

Native Bees and Bee Boxes
Saturday, June 24
10-noon
CIP conference room
\$10, see flyer for details





Native Bees and Bee Houses

Presented by

UCCE Master Gardener Program Colusa County

When: Saturday June 24

10am to noon

**Where: Colusa Industrial Properties
100 Sunrise Blvd, Colusa**



- We will learn about native bees.
- We will also learn how to attract native bees to your garden.
- You will also make a bee house.
- Fee - \$10, prepayment is required.

Deadline is June 19 to pay.

- [Click here to pay](#)
- Or go to cecolusa.ucanr.edu/Master_Gardeners or pay in person at 100 Sunrise Blvd., Ste. E, Colusa

Best Practices to pay online

- To pay online, use Firefox browser.
- Payment boxes do not line up correctly when using your smartphone.



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UCCE Master Gardener Program
Colusa County

Book of the Month

Gardening for a Lifetime

How to Garden Wiser as You Grow Older

By Sydney Eddison

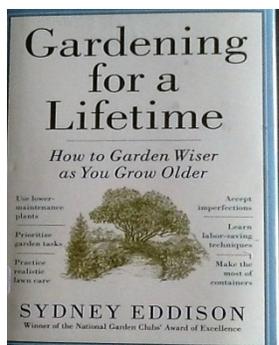
I found this great book at the library when I was there with my granddaughter. It really resonated with me because of the look I am trying to achieve at this stage of my life: Low Maintenance and Structured.

Sydney Eddison takes us on a 50 year labor of love to develop her 2 acres in Connecticut. For the 1st 30 years she carved flower beds out of the hillside and woodland around her property until she had achieved near perfection with her flowering perennials, shrubs and trees. Then she spent 10 years hiring people to expand the garden and help her maintain that perfection when the physical labor became too much for her and her husband. Eventually, she realized she had neither the strength nor resources to keep up with the work required for her vision of perfection.

The next decade she spent fine tuning the property to eliminate seasonal maintenance and improve the structure of the garden. She chose a color scheme for the flowering perennials she did keep and then eliminated huge beds of flowers that did not perform well or required a lot of pruning and/or deadheading. For example, hundreds of less than ideal performing daylilies were removed and replaced with a variegated red twig dogwood and a dwarf Alberta spruce. Now that corner is zero maintenance and looks great all year long.

By eliminating some of the sunny perennial flower beds and replacing them with shrubs and trees, she also increased her shady planting areas which, by their very nature, require less weeding and up-keep.

Even though Ms. Eddison has a 2 acre garden in Connecticut, it is easy to translate her plan to California's Central Valley climate. Two of her greatest tips are to keep a log of what you want to do and use lots of mulch to keep the beds fresh looking.



Submitted by Carolyn Froelich

Ornamental Plant of the Month

CONVOLVULUS – or how to learn the beauty of Ground Morning Glory.

For those of you who hate the nasty invasive weed we know as morning glory, you are probably reaching for your hoe and spray as you read this. But just a second – there is more to the species than the obnoxious one we know to be a weed. I speak of the convolvulus which is an herbaceous perennial that rarely gets more than a foot tall and will spread out to about 3 feet.

It is a soft accent for a hot dry part of your yard that you want to accent and not pay much attention to!! It tolerates just about any soil including heavy clay as long as you make sure it has good drainage. A gentle slope is perfect. It will tolerate temperatures down to 15 degrees, which takes care of most of our needs in this county.

You need to trim it back in late winter to keep it from getting to “leggy” and woody. It will even take to containers and will look lovely spilling over the edge. The one I have pictured below is called *sabatius* and its flowers are a lovely soft pale amethyst shade. Other varieties are white.

You would find it in north Africa in areas below 1000 feet elevation, as well as in Spain and Italy. Recently when we were in southern France we saw it in nearly every village planting from Marseilles to Lyons. It was a friendly face to see as we had a second spring of lilacs and red bud. Check out a well supplied nursery and consider planting this plant in a series. If we have a mild winter as in the past it won't stop blooming all year!! Not bad for a pest eh?

Submitted by Cynthia White



Edible Plant of the Month

EDIBLE SUCCULENTS

The Prickly Pear Cactus (*Opuntia ficus-indica*) is the most famous and well-loved of the edible cacti. Also called the Indian Fig, their leaves and fruit are very flavorful and are a staple of many dishes in Central America and the southwestern US. You've probably seen these on the menu of Mexican restaurants as "nopales." They have a mild, neutral flavor similar to green beans, and a slightly chewy texture. Its fruit, called "tuna" in Mexico, but commonly known as the prickly pear stateside, tastes like a combination of bubblegum and watermelon. Opuntia has flat, oval leaves that can be boiled or grilled and used in salads, soups, salsas, and tacos. The fruit can be peeled, sliced, and eaten raw or juiced. The leaves are packed with fiber and calcium and just 23 calories per cup. The fruit is also low in calories and high in vitamin C.



The vine-like Night-Blooming Cereus (*Hylocereus undatus*), otherwise known as the "Dragon Fruit" or Pitaya (and also called Pitahaya Dulce in some areas), is a cactus with long fleshy leaves and bright red or yellow fruit with a white or red center and black, crunchy seeds with high nutritional value. The plant has large, fragrant white flowers that only bloom at night. Simply slice it open, scoop out the white pulp, and eat, or add it to smoothies and shakes. What it lacks in intense flavor, it makes up for in nutritional content. It's low in calories and high in protein, fiber, vitamin C, iron, and calcium.

Several species of the *Agave* succulents can be made edible, the most notable being *Agave tequilana* which is used in the production of tequila!

The Aloe - You already know about this spiny succulent's applications in treating burns, rashes, and minor cuts and scrapes, but its benefits extend much further. To eat it you peel away the tough, bitter outer leaf and blend the translucent inner part into drinks and smoothies, chop it into salads, or poach slices in water to get rid of the slimy texture. Scientists have identified over 75 phytochemicals in aloe including high levels of antioxidants, vitamins B1, B2, B6, C, E, and folic acid. There's also evidence that it can relieve constipation. However, large amounts can potentially be bad for your kidneys, so eat in moderation.

See the next page for more information on edible succulents.

Edible succulents, continued.

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All of the *Sedum* species (also called "Stonecrops") are edible. They are used in salads and are said to have a sour or peppery taste. Eat these sparingly; some can cause indigestion if eaten in large amounts. These flowering succulents, encompass up to 600 species of plants. Its bitterness can be mellowed out by sautéing. Red flowering sedum leaves, stems, and tubers are safe to eat raw in salads, but yellow flowering sedums have a mild toxicity and need to be cooked. They're believed to relieve coughs and lower blood pressure, and they can be applied to the skin to relieve burns, cuts, hemorrhoids, and eczema, although there isn't any research yet to back these claims.



Saguaro - Ubiquitous in the backdrop of every old Western movie, the massive saguaro serves as more than a desert decoration. The night-blooming white flowers, which are the state flower of Arizona, produce greenish-pink fruit that contains bright red, slightly sweet pulp and small black seeds that give it a nutty flavor.

How to Eat It: Chop the juicy pulp into salsa or even bake them into biscuits. Saguaro fruit is high in fiber, vitamin C, and B12.

Recipe of the Month

CHERRY, PECAN & GOAT CHEESE SALAD

It's cherry season in our area and I always have a bag of pecans in the pantry and goat cheese in the refrigerator. This is a perfect summer salad with big flavors. Submitted by Sherry Maltby.

SALAD

10 oz fresh greens (I like the spring mix)

1/2 cup fresh or dried cherries (can substitute raisins or fresh blueberries)

1/2 cup chopped pecans, lightly toasted

5 oz goat cheese, crumbled

3 to 4 thin sliced green onions

DRESSING

3/4 cup olive oil

3 tbs balsamic vinegar

2 tsp minced red onion

1/2 tsp dried oregano

1 garlic clove, minced

1/2 tsp salt

1/2 tsp pepper

1/2 tsp sugar

DIRECTIONS

Whisk together all the dressing ingredients. Combine all salad ingredients and toss lightly with dressing.

Makes 2 large dinner salads or 4 side salads.

Submitted by Sherry Maltby



Visit us at the Colusa County Fair

The UC Master Gardener program of Colusa County will be at the Colusa County Fair! You can find us in Etchepare Hall every day.

What activities are we having during the fair?

Have a gardening question? Ask us, we will have answers and solutions for you.

Need gardening information? We have lots of information for you.

How to grow wonderful, delicious tomatoes.

Water saving tips - it is always smart to save water.

Lists of the best trees for our area.

Lists of water-wise plants for your garden and landscape.

Several water-wise landscape plans that you can implement.

Tips on how to control pesky insects, and which ones you want to keep around.

When is the best time to plant your vegetables?

We will have insect collections on display from the Bohart Museum at UC Davis.

Participate in our scavenger hunt.

You will hunt for 10 plants across the fairgrounds and win a prize when you find them!

Make a lady bug or bee fan to keep you cool as you enjoy the fair.

We will also have a feature booth in the Main Exhibit Hall, so please stop by there, too.

Visit us in the beautiful and now air conditioned Etchepare Hall. There is fun for everyone at the Colusa County Fair!



June in the Garden:

- 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.
- 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.
- Fertilize summer blooming flowers early in the month. Later in the month use a fertilizer for acid-loving plants like azaleas and camellias. Always follow the directions for proper dilution of concentrates.
- 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.

For information on insect control visit www.ipm.ucdavis.edu



Science word of the Month....

Floricane—in raspberries, the 2 year old stems (canes) that produce flowers and fruit.

Garden Club of Colusa County activities

- June 17
- Etchepare Hall
- End of the year potluck

Additional Links

Integrated Pest Management www.ipm.ucdavis.edu

UC Davis Arboretum www.arboretum.ucdavis.edu

McConnell Arboretum and Botanical Gardens turtlebay.org

Invasive Plants www.cal-ipc.org

Plant Right www.plantright.org

PG&E www.pge.com

Save Our Water www.water.ca.gov

The Colusa County Master Gardener Volunteer Program is a partnership among the University of California, USDA, Colusa County and the Colusa County Farm Bureau. Master Gardener volunteers extend horticultural information and offer educational programs and garden-related demonstrations in Colusa County.

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To simply information, trade names of products have been used. No endorsement of named products is intended, nor is criticism implied of similar products which are not mentioned.

University of California, United States Department of Agriculture, Colusa County Cooperating.
For special assistance regarding our programs, please contact us.

