

# A Garden Runs Through It

University of California  
Agriculture and Natural Resources

UCCE Master Gardener Program



Colusa County

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

June 2018

UC Cooperative Extension,  
Colusa County

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## In This Issue

- **Book of the Month**— *The California Garden Tour*
- **Ornamental Plant of the Month**— Oval Leaved Mint Bush
- **Edible Plant of the Month**— Tea Garden
- **Recipe of the Month**— Short Rib Sandwich
- **Garden Guide**
- **Safety Notes**
- **Meet Your Master Gardener**

## Upcoming events

[Click here to read our blog.](#)



**June**  
Colusa County Fair  
June 7-10

Visit us in Etchepare Hall!  
See our booth about landscape tree watering in the  
Main Exhibit Hall



Garden Chat  
June 26  
1-2 pm  
Arbuckle Library

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



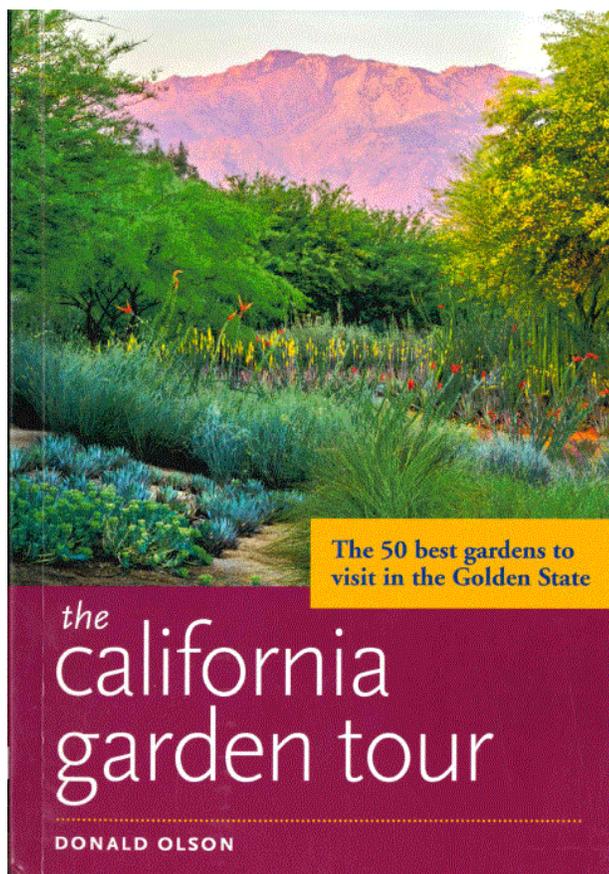
## Book of the Month

### *The California Garden Tour*

Vacation time! What does a gardener do on a vacation trip? This gardener always tries to include a visit to at least one garden that is open for public viewing. For several years my husband and I would spend our anniversary weekend on the Mendocino coast where we would attend the Mendocino Art Center's Garden Tour. We were privileged to see a number of wonderful private north coast gardens. Last week during a visit to family living near Portland, Oregon, I toured the beautiful Japanese Garden there.

If you are planning a trip within California and are wanting to visit gardens, I recommend *The California Garden Tour: the 50 best gardens to visit in the Golden State*. The author, Donald Olson, includes four different types of gardens in his book: estate gardens, botanical gardens, parks, and art gardens. In each entry he describes the background or backstory of the garden, a description of what you will see, and pertinent information such as address, best time to visit, days and hours open, etc. In addition, for every entry, there are several color photographs.

At this point, I have only seen eleven of these gardens, so I need to get traveling. Have a great vacation and visit a garden wherever you go.



Submitted by Peggy Townzen



# **JUNE 26 1-2 PM**

# **GARDEN CHAT**

**Where: Arbuckle Library, 610 King St. Arbuckle**

**When: June 26, 1-2 pm**

Calling all garden lovers! Garden Chat is a roundtable chat about gardening. It's a place to share your gardening stories, successes, challenges and learn from your neighbors. Come and visit with us.



**University of California**  
Agriculture and Natural Resources

UCCE Master Gardener Program  
Colusa County

**This is a roundtable  
chat about  
gardening!**

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**Share your  
experiences.**

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**This is a good place  
to ask questions.**

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**Garden chat is open  
to the public!**

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**Arbuckle Library**

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## Ornamental Plant of the Month

*Prostanthera ovalifolia*

### Oval Leaved Mint Bush

Sometimes you give a plant to someone and then are amazed at what it becomes. Our daughter in El Dorado Hills called and said her shrub that I gave her was blooming in April and she had forgotten the name. I had also forgotten what I had gifted her. She sent me a picture and I was blown away – it was the mint bush and it was smothered in purple flowers and had the strong minty fragrant leaves for anyone who brushes next to it.

She had planted it next to her outdoor eating area and it was spectacular. It is planted in a well drained sloping area which is perfect as it can become unreliable if it is waterlogged for any length of time. It likes a light trim after flowering to ensure the best possible flowering for the following year. It is a fast growing plant, and can be cut back by a third if a dense habit is required. It wilts when dry, making it a good indicator plant for dry soil. Watering will restore the plant to vigor.

So, if you have a spot for this medium sized shrub that can get up to 8 feet if not trimmed and want a spectacular spring bloomer, the mint bush is for you and will attract butterflies and bees to your site!



Submitted by Cynthia White

## Edible Plant of the Month

### GROWING A TEA GARDEN

Herbal teas not only smell good, they taste good, too, especially fresh from your garden. You can grow them in a raised bed or right in your flower garden. Just let your taste buds be your guide. Here are some ideas for herbal tea plants.

Of course mint is a must. Peppermint, spearmint, apple mint or pineapple mint all grow well just about anywhere, but if you don't want them spreading everywhere, you may want to plant them in a container. Use the mature leaves and tender stems for tea.



Then we have bee balm - Bergmont, Monarda. This North American native is a perennial herb, as decorative as it is medicinal. It is often grown in ornamental gardens for its brightly colored flower bunches in red, purple and pink, which attract bees, butterflies, and hummingbirds.



You have Lemon Balm, (*Melissa officinalis*) which is closely related to the mints. It has a wonderful lemony scent. This herb can also make an excellent herbal tea. Lemon balm tea has a calming effect on the nerves and is useful in relieving anxiety and restlessness. The herb is associated with a feeling of happiness and is regarded as an excellent natural remedy for irritability and hyperactivity in children, helping them settle down. When you have tension headaches or feel depressed, a cup of lemon balm tea can do wonders. You can grow lemon balm in the garden or containers, but refrain from fertilizing this vigorous and rapidly spreading herb. Remember to prune it before it sets seed because it can take over the garden with self-seeding. Use fresh leaves for the tea or dry them in shade and use.



Next page for more.....

English Lavender, (*Lavandula angustifolia*) a Mediterranean herb with fragrant lilac-blue flowers is a great addition to any herbal tea garden. Lavender fragrance is widely used in aromatherapy for its relaxing effect on the body and mind. Lavender tea also has a similar effect, and can be used to relieve anxiety and tension headaches. It can also be taken for gastrointestinal disturbances because it relaxes the smooth muscles of the stomach and intestinal walls. The flower buds are used to make the herbal tea. Collect the flower stalks when some of the buds start to open and then dry them in the shade.



German Chamomile (*Matricaria chamomilla*) is an annual, often found growing wild in dry areas. Raise it from seeds in spring and plant them in a partially shady spot. Once established, this plant thrives on neglect. Drought-like conditions produce the most flavorful herb. The white flowers with prominent yellow centers are used for making the tea. When they are used fresh, you need a handful of flowers to make the tea, but only a tablespoon of dried flowers are required otherwise.



Then an often forgotten herb is Borage. It is an old fashion plant that can get to 2 feet tall and is native to the Middle East. Growing borage provides the gardener with cucumber-flavored leaves for tea and other beverages as well as bright starry blue flowers for decorating salads. All parts of the plant, except the roots, are flavorful and have culinary or medicinal use. Planting borage with strawberries attracts bees and increases the yield of fruit.



Making herbal tea comes down to experimentation. Start with the basic herbs and experiment with different brews.

Submitted by Lynne Spivak

## Colusa County Fair deadlines Floriculture & Agriculture

### Cut flowers

Paper entries—May 29, 2018 by 4pm

Online entries—June 4, 2018 by 11:59pm

### Agriculture/Horticulture

Paper entries—May 29, 2018 by 4pm

Online entries—June 4, 2018 by 11:59pm

Click on link to enter.

[Colusa County Fair](#)



## Recipe of the Month

### Short Rib Sandwich Recipe (from: [ourlifetastesgood.blogspot.com](http://ourlifetastesgood.blogspot.com))

*My friend Kathy Landini, Divide Ranch, who sells grass fed beef gave me this recipe.*

- 2 pounds beef short ribs
- 2 teaspoons kosher salt
- 1 teaspoon ground black pepper
- 1/4 cup all-purpose flour
- 1 tablespoon olive oil
- 1 tablespoon unsalted butter
- 1 onion, sliced
- 1 tablespoon freshly minced garlic
- 1 (14.9 ounce, approximately) can of Guinness
- 1 teaspoon beef base
- 1 cup of hot water
- 2 tablespoons butter
- pinch of salt
- 3 good sized yellow onions, sliced thinly
- 4 slices of Fontina Cheese
- 4 Kaiser Buns - butter each half and lightly toast under the broiler



#### Instructions

1. Season the short ribs with 2 teaspoons kosher salt and 1 teaspoon ground black pepper. Dredge the seasoned ribs in the flour until lightly coated, shaking off excess.
2. Heat a Dutch oven over mid-high heat and add 1 tablespoon olive oil and 1 tablespoon butter. Allow the fat to heat up just a bit, but don't burn it. Then add the ribs in a single layer and brown on all sides. You might not be able to fit all of them into the pan at once. That's okay. Brown what you can on all sides and then remove the browned ribs and set aside until all ribs are nicely browned on all sides. This will take 4-5 minutes on each side to brown, but it is worth it. The browning definitely adds flavor.
3. When all the ribs are browned, remove them from the pan and set aside. Reduce the heat to medium, and add the sliced onion and 1 tablespoon freshly minced garlic to the pan. Cook, stirring, for about minute and then pour in the can of beer. Stir, being sure to scrape all the browned bits from the bottom of the pan. Add 1 teaspoon beef base to 1 cup hot water and stir to combine. Pour the beef base mixture into the pan and stir, bringing to a gentle boil.
4. Return the beef short ribs to the pan, cover and reduce heat. Allow the ribs to simmer until very tender, about 2 hours.
5. If you'll be eating your short ribs sandwiches the same day, go ahead and start your caramelized onions. Heat a skillet over medium heat and melt 2 tablespoons butter. Add the sliced onions and a pinch of salt and stir, cooking, until they are tender. Reduce the heat to mid-low and continue to cook until the onions are a nice caramel color, stirring occasionally. This will take about 30-45 minutes depending on how high your heat is. I like to caramelize onions over a mid-low heat nice and slow. Once they are just the way you like them, give them a taste and add salt and pepper to your liking. Set aside.

When the short ribs are fall-off-the-bone tender, go ahead and remove the bones and discard. You can store the beef in the sauce overnight and the flavors will intensify, but if you can't wait divide the beef among the four toasted buns and top with a spoonful of the sauce in which the ribs cooked. Then top with caramelized onions and a slice of Fontina Cheese. Pop the sandwich back under the broiler to melt the cheese and enjoy!

**Yield:** 4 Servings

**Prep Time:** 30 mins.

**Cook time:** 2 hrs.

**Total time:** 2 hrs. 30 mins.

Submitted by Sherry Maltby

# Gardening Guide

## UC Master Gardener Program of Colusa County

Zones 8 and 9

	June	July	August
P L A N T I N G	<ul style="list-style-type: none"> <li>In a shady spot early in the month you can still plant pansies, violas, and primroses.</li> <li>You can plant dahlia tubers and transplant most perennials.</li> <li>As temperatures warm (nights consistently over 55 degrees) you can transplant tomatoes, eggplants and peppers.</li> <li>You can still plant seeds of cilantro, radishes, beets and chard. (Cilantro will go to seed as the weather warms.)</li> </ul>	<ul style="list-style-type: none"> <li>You can still plant seeds of annuals: zinnias, marigolds, sunflowers and alyssum will grow and bloom this year.</li> </ul> 	<ul style="list-style-type: none"> <li>You can plant directly in the garden seeds of carrots, beets, lettuce, spinach and turnips. Indoors you can start seeds for broccoli, cabbage, kale, bunching onions, and radicchio.</li> </ul>
M A I N T E N A N C E	<ul style="list-style-type: none"> <li>Fertilize shrubs and trees once this spring.</li> <li>Watch azaleas and camellias for yellowing between the veins in the leaves. If the leaf is yellowish, apply chelated iron to the plants.</li> <li>Trim the dead flowers but not the leaves from spring bulbs. The leaves restore the bulb; so wait to remove them until they turn yellow. Fertilize the bulbs after the bloom is finished with bone meal.</li> </ul>	<ul style="list-style-type: none"> <li>Blackberries, cut the canes that bore fruit to the ground. Tie up 3-5 of the new canes.</li> <li>Dig and divide bearded iris that have not been divided for 3 yrs.</li> <li>Deadhead blooming plants as they finish flowering. Fertilize roses after each burst of blooms.</li> <li>Cut back lavender after flowering to promote a second bloom. You can prune by half to keep the plant in bounds.</li> </ul>	<ul style="list-style-type: none"> <li>Check the mulch you have spread around and be sure it is thick enough to suppress weeds. (3 to 4 inches)</li> <li>Cut off spent flowers of perennials and annuals for continued bloom.</li> </ul>
P R E V E N T I O N	<ul style="list-style-type: none"> <li>Apply organic mulch to all beds to keep the soil cool and enrich the soil.</li> </ul> 	<ul style="list-style-type: none"> <li>If you have fruit trees, be sure to pick up dropped fruit to prevent brown rot from developing and leaving spores for future infection.</li> <li>Be sure everything is well mulched for the heat of summer. Water before 10 am to avoid fungal infections and to minimize water loss to evaporation.</li> </ul>	<ul style="list-style-type: none"> <li>Continue to weed. Be especially sure to get weeds before they flower and set seeds.</li> <li>Be sure to monitor your watering system. Check for coverage and watch for plugged or blocked sprinklers.</li> </ul> 

# Seasonal IPM Checklist

The list below reflects possible landscape activities to do during the selected month(s) in your region. You can use the checklist as a guide for IPM activities in your own landscape or provide it to your clients.

## June

- 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.
- [American plum borer](#) - Check for frass and gum on lower branch crotches and graft unions of young trees such as almond, mountain ash, olive, sycamore, and stone fruit.
- [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.
- Camellia, citrus, gardenia, grape and other plants adapted to acidic soil - If leaves are yellowing (chlorotic) between green veins, plants may benefit from foliar or soil [application of iron and zinc](#) chelate and mulching.
- [Carpenter bees](#) - Paint or varnish and seal wood in which they nest. If intolerable, treat tunnels during fall or early spring.
- [Carpenterworm](#) - Protect trees from injury and provide proper cultural care, especially appropriate irrigation.
- Cherry [spotted wing drosophila](#) - Harvest early, apply spinosad as soon as fruit begins to develop any pink color.
- [Citrus](#) - Monitor for damage and pests such as leafminer and scales.
- [Clean up](#) mummies and old fruit and nuts in and under trees to avoid harboring pests.
- [Clearwing moths](#) - Look for signs of boring in ash, birch, pine, poplar, and willow; less often in oak, sycamore, and stone fruits.
- [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 fruit trees with netting to [exclude birds](#) and other [vertebrate pests](#).
- 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.
- [Fire blight](#) - Look for oozing and dead limbs on pome plants such as apple, crabapple, pear, and pyracantha. If a problem in the past, apply blossom sprays to prevent new infections.
- [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.

# Seasonal IPM Checklist

- [Leaffooted bug](#) - Look for feeding on fruit and nuts such as almonds, pistachios, and pomegranates.
- [Mosquitoes](#) - Eliminate standing water e.g., in gutters, drain pipes, and flowerpots. Place *Bacillus thuringiensis* subspecies *israelensis* in birdbaths and ponds to selectively kill mosquito larvae.
- [Mulch](#) - Apply organic mulch where thin or soil is bare beneath trees and shrubs.
- [Powdery mildew](#) - Check for signs of disease on apple, crape myrtle, grape, rose, and stone fruits.
- [Prune](#) pine terminals only during candling (new shoot growth), late spring to early summer, to retard growth and in young pines direct growth.
- [Redhumped caterpillars](#) - Monitor trees such as liquidambar, redbud, stone fruits, and walnut. Cut off shoots infested with groups of young caterpillars. Apply *Bacillus thuringiensis* or spinosad.
- [Root rot](#) - Favored by excessive water and poor drainage. Avoid overirrigation and waterlogged soil.
- [Rose pests](#) - Manage or take preventive actions, such as for black spot, hoplia beetle, powdery mildew, and thrips.
- [Scale insects](#) - If damage has been unacceptable, monitor the crawler stage and when abundant apply horticultural oil or another insecticide.
- [Spider mites](#) - Irrigate adequately, mist leaf undersides daily, reduce dustiness, spray horticultural oil.
- [Weeds](#) - Manage weeds using nonchemical methods such as [cultivation](#), handweeding, or mowing.
- [Yellowjackets](#) - Place out and maintain lure traps or water traps. Trapping is most effective during late winter to early spring.

## Meet your Master Gardeners!



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

**Heartwood**—Nonliving, often darker-colored wood toward the center of a tree trunk that is surrounded by sapwood.

If you attended one of your workshops, you will receive an email from [mgevaluation@ucanr.edu](mailto:mgevaluation@ucanr.edu). Your input gives us the tools we need to grow and improve our program. *Thank you!*

PRACTICAL | CONNECTED | TRUSTED

## Safety Note #6

# General Earthquake Safety



Natural and man-made disasters can happen suddenly and without warning. Are you and your family prepared? Studies of injuries and deaths caused by earthquakes in the U.S. over the last several decades indicate that you are much more likely to be injured by falling or flying objects (TVs, lamps, glass, bookcases, etc.) than to die in a collapsed building. Federal, State, and local emergency management experts as well as other preparedness organizations all agree that “**Drop, Cover, and Hold On**” is the appropriate action to reduce injury and death during earthquakes.

- **Videos E039 and S039 Earthquake Safety are available from the ANR Environmental Health and Safety Library at <http://safety.ucanr.org>.**

### Earthquake Preparedness

- Identify your risk by determining if you're located in an earthquake hazard area. The United States Geological Survey website provides useful information about your area's hazard. [www.usgs.gov](http://www.usgs.gov)
- Maintain a battery-powered radio, flashlight, fresh batteries, blankets, and first aid kit at a readily-accessible location in your home.
- Know the location of (and how to operate) gas and water shutoff valves and electric fuse or circuit breaker boxes.
- Refrain from putting heavy objects on high shelves and keep flammable or hazardous liquids (i.e., paints, pest sprays, cleaning products, or grill lighter fluids) on lower shelves.
- Anchor bookcases to walls and install straps around water heaters and furnaces and securely attach straps to walls.
- Maintain one gallon of drinking water per person per day for a minimum of seven days.
- Identify areas to *take cover* in your home or workplace, such as beneath a sturdy table or desk.
- Identify *dangerous areas* in your home or workplace, such as next to windows, beneath ceiling light fixtures, or adjacent to large appliances.

### During An Earthquake – DROP, COVER AND HOLD ON

- DROP to the ground (before the earthquake drops you),
- Take COVER by getting under a sturdy desk or table, and
- HOLD ON to it until the shaking stops.
- If there isn't a table or desk near you, drop to the ground in an inside corner of the building and cover your head and neck with your hands and arms. Do not run to another room just to get under a table.
- Stay away from windows, hanging/heavy objects, mirrors, tall furniture, large appliances and cabinets.
- If you're outdoors, move to a clear area away from trees, buildings, and overhead electrical wires and poles. If you're driving, pull to the side of the road and stop. Avoid stopping under overhead hazards



### What NOT To Do

- DO NOT get in a doorway! In modern houses and buildings, doorways are no safer, and they do not protect you from flying or falling objects. Get under a table instead!
- DO NOT run outside! Trying to run in an earthquake is dangerous, as the ground is moving and you can easily fall or be injured by debris or glass.
- DO NOT believe the so-called "triangle of life"! In recent years, an e-mail has circulated which recommends potentially life threatening actions, the source has been discredited by safety experts.

### After An Earthquake

- Be prepared for aftershocks. Check for injuries and provide first aid, if necessary.
- Check for fires and gas leaks. Check electric and water lines. Shut off services, as needed.
- Do not touch downed power lines.
- Turn on radio for emergency information. Do not use the telephone unless there is a severe injury.
- Stay calm and reassure others, especially children.

## Garden Club of Colusa County activities

- Come and see us at the Colusa County Fair in Etchepare Hall, June 7-10

## 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](http://ipm.ucanr.edu)
- UC Davis Arboretum [arboretum.ucdavis.edu](http://arboretum.ucdavis.edu)
- Invasive Plants [www.cal-ipc.org](http://www.cal-ipc.org)
- Plant Right [www.plantright.org](http://www.plantright.org)
- Save Our Water [saveourwater.com](http://saveourwater.com)
- California Garden Web [cagardenweb.ucanr.edu](http://cagardenweb.ucanr.edu)
- McConnell Arboretum and Botanical Gardens [turtlebay.org](http://turtlebay.org)
- UCANR Colusa County [cecolusa.ucanr.edu](http://cecolusa.ucanr.edu)
- UC Master Gardener Program (statewide) [mg.ucanr.edu](http://mg.ucanr.edu)
- California Backyard Orchard [homeorchard.ucanr.edu](http://homeorchard.ucanr.edu)
- ANR publications [anrcatalog.ucanr.edu](http://anrcatalog.ucanr.edu)

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