

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...

August 2019

UC Cooperative Extension,
Colusa County

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- **Safety Notes**
- **Meet Your Master Gardener**

Upcoming events

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



August

Second Saturday at the Library
Saturday, August 10, 10 am to noon
Colusa County Library, Colusa
Building Your Soil

Arbuckle Farmers Market
Every Wednesday
June 12 to August 28
3:30 to 7 pm

Garden Chat with the Master Gardeners
Tuesday, August 27, 1 to 2 pm
Arbuckle Library

Advice to Grow by ... Ask Us!





GARDEN CHAT

Garden Chat with the UC Master Gardeners of Colusa County

Where: Arbuckle Library, 610 King Street

When: Tuesdays, 1 – 2 pm

August 27

September 24

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. See what happens when you unplug, slow down, enjoy, and meet with fellow gardeners.



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

**Share your
experiences.**

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

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

**At the
Arbuckle Library**

**UC MASTER
GARDENER PROGRAM
OF COLUSA COUNTY**

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Book of the Month

Composting for a New Generation *Latest Techniques for the Bin and Beyond*

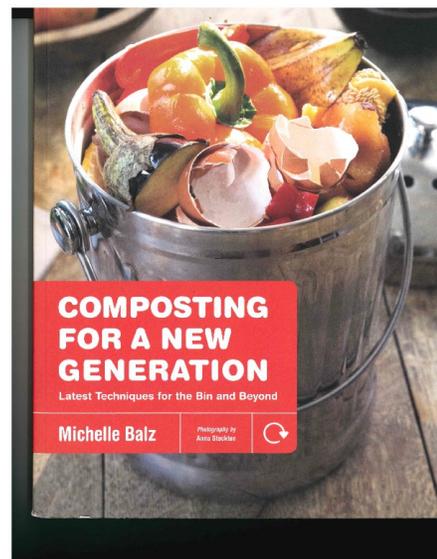
Michelle Balz

The benefits of composting are well known, but in the past I have tried to create that perfect soil amendment without much success. My family had given me a composting tumbler, and I think that I expected less work and faster results than was realistic. After a couple of tries, I gave up and the tumbler sat unused.

This spring I decided to give composting another try. I was inspired by the idea of keeping at least some of my garbage out of the landfill and providing natural nourishment for some of my soil and plants.

My first step was to buy a book, *Composting for a New Generation*. Since I have limited space, I still wanted to use my tumbler. The chapter on in-vessel composting techniques was most helpful. This book covers composting from the basics such as what to compost and the carbon-to-nitrogen ratio needed and the various methods that can be used. I learned that my previous failures probably had to do with not paying enough attention to the carbon-to-nitrogen ratio and not making sure that the compostables I used were in small enough pieces. And I certainly did not know that I could compost pet hair and dryer lint, both of which I have plenty.

There are many books and much online information on composting, but I do recommend this book as a complete up-to-date (copyright 2018) overview of the subject. There are many colored photographs and instructions for what you need for whichever type of composting you wish to do.



Submitted by Peggy Townzen



Second Saturday at the Library

Presented by

UCCE Master Gardener Program Colusa County

Colusa County Free Library

When: Second Saturday every month

10am to noon

Where: Colusa County Free Library

Colusa



- **August 13 – Building your soil**
- **September 14 – Fall gardening**
- **October 12 – Mulching-feeding**
- **November 9 - Plant Spring bulbs**



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Ornamental Plant of the Month

Midnight Marvel Hardy Hibiscus



I love it when you are least expecting it and encounter something that just knocks your socks off. At the Colusa Farmer's Market a couple of weeks ago, I stopped by to see what our friend Geneva at Garden Gleanings had that was new and exciting. In front of her booth I was stunned by the specimen she had to offer – the 'Midnight Marvel' hardy hibiscus. This is not the picky tropical hibiscus we all struggle to keep alive in our non-tropical climate – this is the hardy hibiscus that sleeps underground during the winter and emerges in the spring to greet us with nearly dinner plate sized blooms. The dark, almost black, foliage and red flowers of this plant will lend an air of drama to your garden. The shiny, deep cut leaves are a good substitute for the easily sunburned Japanese maple.

It's an easy care perennial that will bloom from midsummer to fall in full sun in moist but well-drained soil. It can get 42-48 inches tall and 48-54 inches wide. If it gets too much sun the bronze/black leaves will have a green cast.

If you are concerned that it didn't survive the winter, BE PATIENT! It is notoriously slow to emerge and will reward you for your endeavor!!

Submitted by Cynthia White

Edible Plant of the Month

Winter Gardening....What?

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

It's August. 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, carrots, rutabaga, lettuce, onions, radishes and turnips. August and September is 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. **Seed planting**

You can start your seeds indoors just like in the spring. Or, you can start the seeds directly in the soil.

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 looppers. 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.

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

Winter vegetable gardening, give it a try!



Submitted by Gerry Hernandez

Recipe of the Month

This one is from Martha Stewart.

I left out the chopped chocolate when I made these for a party and they were a hit.

Really intense ginger flavor!

Chewy Chocolate Ginger Cookies

- 7 ounces semisweet chocolate (or chips) - optional
- 1 teaspoon baking soda
- 1/2 cup (1 stick) unsalted butter
- 1/2 cup packed dark-brown sugar
- 1 tablespoon freshly grated ginger
- 1 1/2 cups plus 1 tablespoon all-purpose flour
- 1 tablespoon cocoa powder
- 1 1/4 teaspoons ground ginger
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground nutmeg
- 1/2 cup unsulfured molasses
- 1/4 cup granulated sugar (for rolling)



1. Chop chocolate into 1/4-inch chunks; set aside. In a small bowl, dissolve baking soda in 1 teaspoon boiling water; set aside.
2. In the bowl of an electric mixer, fitted with the paddle attachment, beat butter with brown sugar until combined. Add fresh ginger and mix until combined.
3. In a medium bowl, sift together flour, cocoa, ground ginger, cinnamon, cloves, and nutmeg. Slowly add to butter mixture, mixing until well combined.
4. Add baking soda mixture and molasses; mix to combine. Stir in chocolate;
5. Transfer to refrigerator. Refrigerate until firm, at least 2 hours.
6. Preheat oven to 325 degrees. Line two baking sheets with parchment paper.
7. Scoop dough into small balls ~1 inch across. Roll dough balls in granulated sugar and chill another 20 minutes.
8. Place on baking sheets. Transfer to oven and bake until surfaces crack slightly, about 12-15 minutes. Slide parchment with cookies onto a wire rack to cool completely.

Submitted by Penny Walgenbach

Gardening Guide

UC Master Gardener Program of Colusa County

Zones 8 and 9

	August	September	October
P L A N T I N G	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> Cool-Weather annuals like pansies, violas, snapdragons can be transplanted now. Also, transplants of broccoli, cabbage, cauliflower, and kale can be planted this month. Direct seed peas, spinach, radishes, lettuce, and carrots. 	<ul style="list-style-type: none"> Cool-weather annuals like pansies, violas, snapdragons can be transplanted now. Also, you can direct seed cornflower, nasturtium, poppy, nigella, portulaca and sweet peas. If you don't have a winter garden, consider planting a cover crop to be tilled in next spring. Direct seed peas, spinach, radishes, lettuce, and carrots.
M A I N T E N A N C E	<ul style="list-style-type: none"> Be sure to monitor your watering system. Check for coverage and watch for plugged or blocked sprinklers. Cut off spent flowers of perennials and annuals for continued bloom. 	<ul style="list-style-type: none"> September is a good time to consider reducing the size of your lawn. It is also a good time to rejuvenate a lawn with over-seeding. Put your spent annual 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. 	<ul style="list-style-type: none"> Put your spent annuals and vegetables (disease-free, of course) in your compost pile. Be sure to deadhead your roses following the October bloom. Add compost to the beds that had the annuals and vegetables you are pulling out, before re-planting in those beds.
P R E V E N T I O N	<ul style="list-style-type: none"> Continue to weed. Be especially sure to get weeds before they flower and set seeds. Check the mulch you have spread around and be sure it is thick enough to suppress weeds. (3 to 4 inches) 	<ul style="list-style-type: none"> Clear out any weeds that developed in the perennial bed. 	<ul style="list-style-type: none"> Check azaleas, gardenias and camellias for leaves yellowing between the veins. Apply chelated iron if this condition is present. Keep your compost bin covered with a plastic tarp when rains begin.

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.

August

- 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.
- [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.
- [Bacterial blast, blight, and canker](#) - Inspect apple, citrus and especially *Prunus* spp. (e.g., stone fruit). Remove entire affected branches in the summer, making cuts several inches away in healthy wood.
- [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.
- [Citrus](#) - Monitor for damage and pests such as leafminer.
- [Clean up](#) mummies and old fruit and nuts in and under trees to avoid harboring pests.
- [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 and grapes with netting to [exclude birds](#) and other [vertebrate pests](#).
- Cypress, or Seridium, [canker](#) - Prune dying branches at least 6 inches below any apparent cankers. Irrigate appropriately. Replace severely affected trees.
- 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.
- [Eutypa dieback](#) - Prune apricot and cherry.
- [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.
- [Leaffooted bug](#) - Look for feeding on fruit and nuts such as almonds, pistachios, and pomegranates.
- Lightly [prune roses](#) to promote fall flowering.

Seasonal IPM Checklist

- [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.
- Oak [gall wasps](#) - Usually do no serious harm to oaks. Control is very difficult.
- [Olive knot](#) and [oleander gall, or knot](#) - Prune off galled branches if intolerable.
- [Powdery mildew](#) - If severe e.g., on crape myrtle, grape, and rose, avoid fertilization and overirrigation. Prune during the proper time of year to increase air circulation and sun exposure.
- [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 for powdery mildew.
- [Spider mites](#) - Irrigate adequately, mist leaf undersides daily, reduce dustiness, spray horticultural oil.
- [Yellowjackets](#) - Place out and maintain lure traps or water traps. Trapping is most effective during late winter to early spring.

Master Gardeners 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

Humus—Organic matter in a highly decayed state, rich in plant nutrient ions, and very retentive of water when added to soil.

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



MASTER GARDENER PROGRAM

THINKING SAFE AND GREEN



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

#3

HEAT ILLNESS AWARENESS

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

According to the National Weather Service, an average of 235 heat-related fatalities occurred annually between 1975 and 2004. Moreover, about 25,000 heat-related illnesses or injuries occurred from 1991-2000. Children are at greater risk for heat stress because their bodies have a larger surface area per pound of weight. Youth that are vigorously exerting themselves in summer heat are at higher risk for contracting heat illness. By taking several simple precautions, people can control and/or reduce exposure to conditions that may cause heat illness. **English and Spanish language safety videos on heat illness are available for loan from the ANR Environmental Health & Safety Library at <http://safety.ucanr.org>.**



Heat Illness Disorders and Symptoms

1. Heat Stroke - sweating stops and the body fails to regulate its temperature. Victims may die if they don't receive immediate medical treatment. Characterized by: mental confusion, fainting, or seizures; hot dry skin usually reddish in color; and high body temperature.
2. Heat Exhaustion - profuse sweating results in dehydration. Characterized by: fatigue, dizziness, and nausea; pale and moist skin; and possibly slightly elevated temperature.
3. Heat Cramps - cramping thought to be due to loss of salt through sweating. Characterized by muscle spasms in arms, legs, and abdomen during or following physical activities.
4. Heat Syncope - dehydration while standing still causes blood pooling in lower portions of the body. Characterized by fainting while standing still.
5. Heat Rash - occurs under hot and humid conditions where sweat does not evaporate readily. Characterized by irritated/itchy skin with prickly feeling and small red bumps on skin.

Treatments for Heat Illness Disorders

1. Heat Stroke - call 911 immediately, soak victim's clothing with cool water, move victim to shaded and cool area, fan victim to increase cooling of their body.
2. Heat Exhaustion - have victim rest in shaded and cool place and drink fluids. Do not serve caffeinated fluids such as soft drinks, iced tea, or coffee.
3. Heat Cramps - have victim rest and drink non-caffeinated fluids.
4. Heat Syncope - have victim rest in a shaded and cool place, and drink non-caffeinated fluids.
5. Heat Rash - wash and dry skin. Wear loose clothing and keep skin dry.

Precautions to Prevent Heat Illness Disorders

1. Master gardeners and others should acclimatize themselves to the prevailing weather conditions.
2. Always drink plenty of fluids such as water and sports drinks. During warm weather, plan to have at least one quart of water available per person per hour of the outdoor activity. Avoid caffeinated drinks.
3. Wear a summer hat with a brim and loose-fitting, light-colored, and lightweight clothing like cotton.
4. Schedule vigorous activities during coolest portions of the day and take frequent breaks on hot days.
5. If someone is feeling symptoms of heat illness, they should take a rest period in a shaded area. Master gardeners should help find access to shade – this may be any area where the affected person is protected from direct sunlight, such as under an umbrella, a portable structure, or inside a ventilated building or vehicle.



Example of shade area to reduce chance of heat illness. Courtesy of Calaveras County CE.

If a treated victim does not recover from heat illness in a reasonable amount of time, promptly seek medical attention. Plan ahead to know how to summon medical assistance and direct emergency responders to your location or how to transport the heat illness victim to a medical service provider.

Any incidents of heat illness shall be promptly reported to the master gardener's county Cooperative Extension office.

Garden Club of Colusa County activities

August 26, 6:30
St. Stephens Church
642 Fifth St., 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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