

NOVEMBER 2018 MEETING

Wednesday, November 14, 7:30 pm, Los Altos Youth Center, 1 North San Antonio Rd, Los Altos
Meeting room officially opens to members and the public at 7pm but if you can arrive by 6:30pm to help with set-up, your assistance would be greatly appreciated.

Meetings are free for members, non-members \$10. See page 7 of this newsletter for information about joining WHS.

Speaker: Antonio Sanchez, Nopalito Natives

Inviting California to Dinner: With California Native Plant Foods

Locally grown foods and low-water landscaping are all the rage right now, but a quick trip to farmers market or a local nursery will showcase almost no California native plants. Among the more than 6,000 plants native to California, hundreds are not only edible, easy to use and delicious but also drought tolerant. This one of a kind presentation, led by native food enthusiast Antonio Sanchez, discusses the ancient and emerging field of California native foods and their cultivation.

This unique lecture explores how old ways can combine with new ways to find a place in local gardens and kitchens. Onions, sages, berries, greens and grains are among the dozens of native food plants that will be discussed.



Antonio Sanchez has been working with California native plants and native foods for over a decade, and was one of the lead organizers for the 2015 California Native Food Symposium in Claremont. Antonio has worked at various native plant institutions across the state, including Rancho Santa Ana Botanic Garden, The Theodore Payne Foundation for Native Plants, Cal Flora Nursery, Santa Barbara Botanic Garden, and was a co-founder and owner of Nopalito Natives, a specialty native plant nursery in Santa Barbara County.

*Join us for dinner with Antonio Sanchez on
November 14th ~ Chef Chu's Restaurant*

Enjoy a wonderful meal and intimate conversation with our speaker.
Contact Katie Wong to RSVP: alivensilk@aol.com, 408-251-2742

PRESIDENT'S MESSAGE

Hello everyone - I hope you are enjoying this amazing fall weather in a garden. Thank you to all who have renewed or joined our 2018/19 season. To avoid a lapse in the WHS monthly email newsletter and the quarterly digital Pacific Horticulture magazine, please renew today. Remember, you can pay online. The link is under our membership tab on the website.

Please volunteer to help us so all of us can enjoy our meetings. We need Board Members, Newsletter Editor, Audio/Projector Setup for the meetings and more. Much gratitude to all who currently volunteer! If you would like to attend a board meeting to see if you want to be on the board, we will be meeting at my home on Sunday, November 4th at 4pm. Please email at info@westernhort.org and let us know you would like to join us.

Please remember to send in details for upcoming horticulture events to Janet (Editor) before the 25th so she can include in the next newsletter. Back to enjoying another fall day...See you at our November meeting.

~Carrie Parker

PLANT TABLE

We will continue our so-far successful, member-grown, member-shared plant sale. We can't do this without you! Bring your potted plants, bulbs, or other garden related items for our November Plant Table. Please label with the botanical name of the plant. A picture and cultural information for your plants are also helpful. Let's continue this great way to share interesting plants and add a little money to the WHS coffers at the same time.

UPCOMING MEETINGS

December 12, 2018– WHS Holiday Party and Potluck with guest speaker Ryan Guillou, San Francisco Botanical Garden, *Flora of Jordan – Diversity on the Edge*

January 9, 2019– Frank Niccoli, Foothill College and Merritt College instructor, *Planting Under Trees*

February 13, 2019– Aaron Dillon, Four Winds Growers, Watsonville, *Citrus Varieties and How to Care for Them*

OCTOBER SPEAKER NOTES

Our October speaker was our own board member, Richard Hayden, who is the current director of Gamble Gardens in Palo Alto. He shared with us his wealth of gardening experience starting with his first venture in his own garden in Los Angeles shortly after the 1992 Watts Riots. Richard began by recounting his interesting transition from the film industry back east to a restaurant in LA and finally to finding his place in the landscape industry. He shared numerous photos of gardens that he designed and worked on in Southern California over the past 25 years. His landscapes featured California native plants along with other low water use plants from similar Mediterranean climates.

Richard said that he liked to follow a few basic principles in his landscapes. One was to create lazy sinuous lines using plants in large swaths or drifts. Grouping 3 or more of the same plant tends to create more of a visual statement. He also likes to combine similar textures like echoing the flowers of *Chondropetalum tectorum* with the foliage of *Arctostaphylos pajaroensis*. Another unusual combination of textures that he showed was *Ceanothus griseus horizontalis* 'Yankee Point' with succulents on a bank.

Richard's talk included practical advice on plant use and care. Some pointers that he shared were: cutting back *Verbena lilacina* 'De La Mina' in fall induces flowering in winter, *Carpenteria californica* stays more lush looking with some summer water, coppicing *Galvezia speciosa* to 3" and shearing *Baccharis pilularis* 'Twin Peaks' to 4" will keep them from looking woody and unruly. One of his favorite large hedge plants is *Prunus illicifolia*. Another innovative idea of his was using *Fremontodendron* 'Dara's Gold' as an espalier. He also likes to use Catalina currant, *Ribes viburnifolium* as a low water use ground cover under oaks. While not native, he likes to use *Lantana* in his landscapes for its colorful flowers and appeal to butterflies.

For those interested in adding more CA native plants to their landscapes he recommends a book by Barbara Eisenstein, *Wild Suburbia - Learning to Garden with Native Plants*. He also recommended visits to Seaside Gardens in Carpinteria, the Annenberg Estate in Rancho Mirage, and Lotusland in Santa Barbara, all of which he showed selected photos of in his presentation.

~Janet Hoffmann

OCTOBER PLANT NOTES

Katie Wong from San Jose brought:



Piper auritum (root beer plant, Mexican pepper leaf, hoja santa) – This evergreen shrubby perennial belongs to the Pepper family. It grows in full sun to part shade (zones 10-11) in clay or well-drained soil and gets to be 4-6' tall and wide. The plant emits a wonderful smell and both the leaves and fruit taste like root beer. Katie loves tearing the leaves apart and smelling the sarsaparilla, reminding her of root beer. It is frequently used in Mexican and Guatemalan cooking, where the large edible foot long heart-shaped leaves are used as a substitute food wrap or chopped and included in salads or stews. It is a subtropical plant tender only to 32°, however Katie has found that growing it under trees in her location offers adequate protection. She has never gotten any seeds but plans on propagating it by stem cuttings. Note that the FDA has banned its use as a flavoring agent in making commercial root beer since safrole, the chemical compound that gives it its root beer taste is a known carcinogen in animals. Safrole is also the essential oil component used in the drug Ecstasy.

Carol Dahout from San Jose brought:



Senna didymobotrya (popcorn cassia) – This deciduous shrub, a native from Central and Eastern Africa grows in full sun (zones 9b-11) in well-drained soil and gets to be 6-8' tall and wide here, although it can grow much wider and in the tropics it can reach 25 feet tall. Carol bought this beautiful bush from Annie's Annuals and when she rubs her fingers against the 18" long pinnately compound leaves they smell like buttered popcorn. Both the tall spikes bearing 2" yellow flowers (from August to October) and the long seedpods will remind you that it belongs in the Legume family. It is a very drought tolerant plant. This plant not only provides a cheerful and bright spot in Carol's garden but many bees also visit it. Prune it to 1' after it has flowered to keep it bushy.

Leslie Dean from Mountain View brought:



Nerine sarniensis (red nerine lily, red jersey lily, red spider lily, guernsey lily, diamond lily) – this bulb, a native from South Africa grows in full sun to part shade (zones 3-10) in well-drained soil with regular watering when in bloom. Large clusters of brilliant red flowers start appearing in late summer and continue until frost. They are followed by 2' tall sword-like leaves. Plant bulbs 6" apart with their necks just poking out of the soil.

Plant descriptions ~Ana Muir
Photos ~Jennifer Doniach

Katie Wong continues as our wonderful presenter for plants brought in for show and tell but she is looking for a new helper to take plants around the room for members to get a closer look.



28 YEARS AGO

Western Hort met November 14, 1990 to hear “Fred Peterson, from the Soil and Plant Laboratory in Santa Clara” tell us about “Our Soils and How to Improve Them”.

The plant notes began with a bluish-purple *Boltonia asteroides* from Gerda Isenberg’s garden. Plant note author Elizabeth Garbett mentions being impressed with a compact white form, *B. asteroides* ‘Snowbank’ (also recommended by the Missouri Botanical Garden website—one of my “go-to” plant sites) and a pink compact form listed by Wayside Gardens called ‘Pink Beauty’. Barbara Worl was able to share the name of the aster she brought to the table in October: *Aster lateriflorus* v. *horizontalis*. (sigh...now reclassified as *Symphiotrichum lateriflorum* v. *horizontalis*, and after seeing the picture on the Beth Chatto Gardens website, I want one!) “Todd Kennedy brought a handsome flowering vine, *Petrea volubilis*, that despite its reputation for tenderness has survived and thrived in his Atherton garden for 15 years.” (I wonder how it tolerated the freeze of December 1990?!) He also brought a single form of *Polyanthus tuberosa* and *Ficus carica* ‘Panache’, one of the striped figs. “Claire Steed of Cottage Gardens Nursery was persuaded to show us the three forms of *Salvia greggii* she brought for the raffle table. The new colors are ‘Original Rose’, ‘Raspberry Royale’ and ‘Plum Wine’.” (Claire’s nursery is now called Meadowlark Nursery.) “The star of the evening had to be Betsy Clebsch’s ten foot stalk of *Veronia altissima*...topped with magenta purple flowers...is an herbaceous perennial and will eventually make a large clump of erect sturdy stems. Not for short people and small gardens.” Betsy also showed *Loeselia mexicana*. Sherry Austin brought *Jasminum grandiflorum*, Ed Carman shared *Euonymus atropurpurea* and “Sally Casey suffers from the compulsion many of us share to sow the whole package of seed at one time and what’s more she did it with several different varieties of lettuce. There were many happy beneficiaries at raffle table time. Her display flat of young lettuces in their various colors and textures was attractive enough for the flower garden.” (I remember Sally’s lettuce seedlings, she also shared some with Dad and me, and after growing them on I was hooked on the flavor—yes, lettuce can have flavor—of home-grown lettuce.) ~Nancy Schramm

STROLLING AROUND THE INTERNET

Some interesting articles shared by Nancy Schramm:

For those who keep bees (and anyone interested in the plight of bees and colony collapse) take a look at this article: <https://www.tuscaloosaneews.com/news/20181006/mushrooms-could-help-save-worlds-bees>

And Physalis has been in the news lately, too: <https://www.nytimes.com/2018/10/05/science/groundcherries-crispr-gene-editing.html>

The world’s largest organism, the quaking aspen grove they are calling Pando is shrinking:

<https://www.sciencemag.org/news/2018/10/one-world-s-largest-organisms-shrinking>.

Carrie Parker shared the South Bay Green Gardens website. It is a one stop website to find resources for gardening in the bay area. It is full of valuable links for everything you need to know for your garden. It also includes upcoming classes in the area. This website is brought to you by the South Bay Green Gardens Subcommittee, a subcommittee of the Santa Clara County Recycling and Waste Reduction Commission's Technical Advisory Committee: <https://www.southbaygreengardens.org/>

For articles about seeds, planting, harvesting and recipes for your garden bounty visit

<https://www.reneesgarden.com/>

HORTICULTURAL HAPPENINGS

Gardens at Palmdale, Fremont, CA opening April 2019-The longest residents of the San Jose Mission District, in Fremont California, are the beautiful trees and other ornamentals within the Gardens at Palmdale. The Monterey Cypress, although not indigenous to this area, is estimated to be more than 300 years old and was probably planted by the Franciscan Missionaries.

A new nonprofit trust, The Gardens at Palmdale, Inc., was endowed by the Sisters of the Holy Family and as collaboration with Robson Homes, will preserve the dignity and charm of the core park area of Palmdale, encompassing all the significant landscaping, historic trees, shrines, and grottos. The Gardens at Palmdale will be a meditative walking landscape in the English style.

In order to fund this endowment, the Sisters sold a portion of adjacent land to Robson Homes for development. This sale allowed the Sisters to build appropriate housing for themselves, as well as preserving the central park area in perpetuity. The historic setting of the Gardens at Palmdale, with its canopy of mature shade trees and beautiful meandering gardens, is truly something to be experienced. Please enjoy the photos and videos on gardensatpalmdale.com web site, which will give you an overview of the sacred grounds, historical perspective and beautiful gardens. ~Linda Micciche

GET INVOLVED

If you are a regular attendee at our meetings, we would like to encourage you to become more involved in our organization. It is a great way to get to know other WHS members and will keep our organization vibrant and viable.

We have some duties for which we currently looking for volunteers:

- **Newsletter Editor:** Position involves gathering articles, information, and photos for our newsletter and then editing and formatting them into the newsletter and sending it the printer and our web-master by the first of each month, September-May. Desktop publishing skills would be helpful for this position, but are not necessary.
- **President:** Position involves leading our regular monthly meetings, September-June and bi-monthly board meetings and organizational oversight of all other Western Hort activities.
- **Board members:** Position involves regular attendance at monthly meetings September-June and regular attendance at bi-monthly board meetings as well as helping on committees as needed to carry out Western Hort activities.
- **Video set up for meetings:** Position involves storing between meetings and setting up projector at monthly meetings.
- **Meeting place set-up coordinator:** This could be one or more people who would commit to arriving by 6:30 pm to open our meeting place and make sure that chairs and tables are set-up for the meeting.

If you have an interest in helping in any of these capacities, or feel that you can help out in any other way, feel free to e-mail us at info@westernhort.org or talk to any of the current board members at our meetings.

If your time is short but you feel that you can contribute financially, you might like to sponsor one of our speakers! Your contribution to our Speaker Fund helps cover the costs of hosting a lecturer and we will note your name as a sponsor in our newsletter. You can choose the month, speaker of your choice, or perhaps you have someone you would like to propose (for our 2019/2020 season)?

Contact Leslie Dean, lesliekdean@mindspring.com with speaker questions or suggestions. Contributions may be made at any of our monthly meetings or by mail at the address below or use the Contribution button, coming soon to the *Get Involved* page on our website.

Officers and Board Members:

President: Carrie Parker

Vice President: Janet Hoffmann

Secretary: Leslie Dean

Corresponding Secretary: Laurie Schofield

Treasurer: Jennifer Doniach

Other board members: Richard Hayden, Mary Alice Reid, Jean Struthers, Laura Wilson, Katie Wong

About membership in Western Hort:

Membership Rates: A one-year membership (Sep-Aug) includes an e-mail copy of this newsletter and the Pacific Horticulture magazine. Regular membership is \$35, Family membership, for two or more members at the same address, is \$50 and our discounted rate for Students is \$20. To receive a print copy of this newsletter by mail, add \$10 to the membership fees listed above. To receive a print copy of Pacific Horticulture Magazine, you will need to join at Pachort.org/join. WHS members can get a 10% discount on Pac Hort membership. Affiliate Organization Discount Code available by e-mailing us at contact e-mail below.

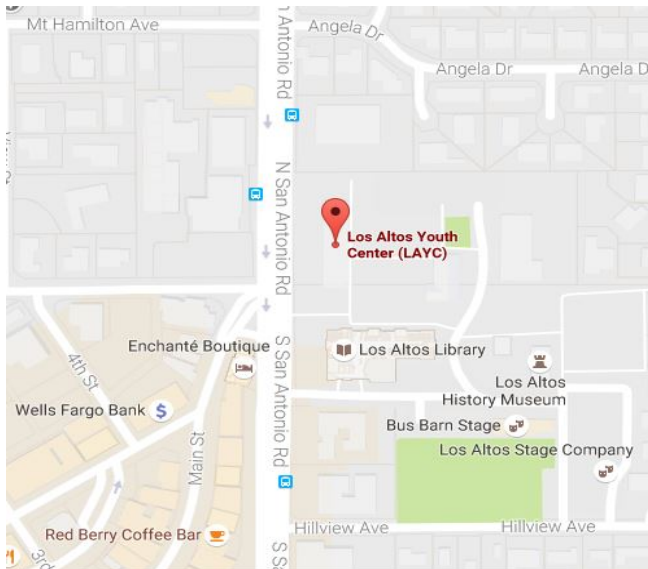
To join or renew visit our website at: <https://www.westernhort.org/membership> You may pay online with a credit card or print form and mail with your check to the contact us address below.

To contact us: Please send email to: info@westernhort.org or snail mail to: PO Box 166, Mountain View, CA 94042



PO Box 166
Mountain View, CA 94042
First Class Mail

VISIT US AT WESTERNHORT.ORG



We are back to our regular meeting location:

**Los Altos Youth Center,
1 North San Antonio Rd.
Los Altos, CA 94022**

Main entrance and parking are on the north side of the building. Turn off San Antonio at the sign for the City Hall and Police Dept. Check-in starts at 7:00 pm. and meetings begin at 7:30 pm.

Newsletter Submissions

The newsletter publishes on the first of the month. The deadline for submissions is the 25th of the month prior. Submissions after this date will likely appear in the next month's newsletter. Send submissions to: Janet@hoffmann.net, or Janet Hoffmann, 826 Lana Ct., Campbell, CA 95008