



River Valley Garden Club

“Here’s The Dirt”

Serving the Communities of Rancho Murieta, Sloughhouse and Wilton

November 2010 Volume 8 Number 3

“Rooting For You”

Carol Prinzo, President

Autumn is the most beautiful time of the year. The colors, falling leaves, cool nights and mild days are just wonderful. And, of course, the holidays are fast approaching. So much to do – so little time!

Our October 26 meeting featured Michael Glassman. You will read about his presentation further in the newsletter. He gave just a wonderful talk. He is so knowledgeable and animated. His ideas and concepts are logical and down to earth. Several members signed up for consultations at a garden club discount rate of \$135 per hour as opposed to \$150 per hour.

Many members bought his children’s book on gardening *Kindergarten: Growing Inspiration for Children*. Michael also donated one of his books for the raffle prize and the club bought one for the CRES school garden project. It was a very enjoyable meeting.

Three of our members, Sharon Barton, Berniece Jones and Helen Scheinert, attended a presentation at Luther Burbank High School

in Sacramento on Saturday, October 23. It featured TV celebrity Dr. Oz, who is the founder of Health Corps., a national program aimed at childhood obesity. Sacramento’s mayor, Kevin Johnson, also spoke. They said it was a very worthwhile and interesting afternoon.

Many members continue to sign up to help with our various committees and projects and we thank you. We couldn’t do this without you!

In December we do not have a meeting, but celebrate the holidays at our annual Holiday Party. The planning is under way and a committee has been formed. You will be able to sign up at the November meeting or contact Marianna Hashorva to make your reservation. At the party, we will be presenting three scholarships to worthy recipients at the party and acknowledging the Smokey Bear/Woodsy Owl poster contest winners.

Happy Gardening!

National Garden Clubs, Inc.
Pacific Region
California Garden Clubs, Inc.
Sacramento River Valley District

General Meetings 6:30 p.m.
4th Tuesday (September to June)
Rancho Murieta Assoc. Bldg.
7191 Murieta Parkway
Rancho Murieta, CA 95683-9556

Officers
President Carol Prinzo
Co-Vice Presidents Membership
Dianna Dodd & Lois Neumayer
Vice President Programs
Jan Fetler
Treasurer Bonnie Thalken

In this issue:

- ✓Calendar of Events.....2
- ✓District3
- ✓Holiday Party2
- ✓Membership.....2
- ✓Program Review6
- ✓Raffle Prize.....2
- ✓Scholarship.....4
- ✓Tip of the Month.....5
- ✓Tour6
- ✓Web Site of Interest.....7
- ✓Workshop-Worm.....3
- ✓Workshop-Holiday4

All About Lavender

Colleen Barnett, Member Program Committee



All things lavender will be shared at our next meeting on Tuesday, November 23. Our guest speaker, Lisa Hertel, from the Lavender Farm in Lincoln, will give us a brief history of her farm.

In addition to an overview of growing lavender, she will cover the many uses of lavender and share her successful landscaping tips.

Lisa and her husband, Jerry, started their small family run farm several years ago. They began with two different varieties of lavender; they now have over 100 varieties at the farm. Along with lavender plants, they sell fresh flowers, dried bouquets, sachets, soaps and oils. All of which they will have at our next meeting for your perusal. We hope to see you there.



Website ~ www.thelavenderfarminlincoln.com (see page 7)

November Raffle Prizes ~ 2 Cathedral Window Planters (pg.2)

Raffle tickets are \$1 each or 8 for \$5
Raffle benefit CRES garden

Join us at 6:30 p.m. for social time. Program starts promptly at 7:00 p.m. at Rancho Murieta Association Building

Calendar of Events

November 20
Saturday
1:00 p.m.
Club Workshop
Vermicomposting or Worm Casting
Worm Fancy
Home of Emie Buda,
7051 Bisbee Drive, Sloughhouse
His contact info is 354.9801 or 761.3802
mobile.
Contact: *Mindy Cecchetti* 354.1805
mindyc@wildblue.net

November 23
Tuesday
6:30 p.m. Social
7:00 p.m. Meeting
Club General Meeting
All About Lavender
Lesla Hertel
Lavender Farm, Lincoln
Contact: *Colleen Barnett* 687.6863
barnett2004@sbglobal.net
Bonnie Allinger 687.6229
rballinger@frontiernet.net

December 4
Saturday
Club Workshop
Holiday Design
Barbara Simas
Floral Shop owner for over 25 years
Will share many ideas for a versatile
holiday centerpiece

December 12
Sunday
3:00 p.m. to
6:00 p.m.
Club Holiday Party
A Holiday Garden Party
RMA Building

November Raffle Prizes

Peggy DeMello, Chair Raffle Committee

Cathedral Window Planter



I titled this planter *Cathedral Window* because it would be a nice planter for the approaching Christmas holiday season.

It measures 21" tall, 15" wide and 5" deep and is planted with a Coleus from my garden.

And the really good news is I have 2 of them - so we will be raffling off 2 prizes at the November meeting!

Raffle tickets are \$1 each or 8 for \$5
Raffle benefits CRES garden

Member Colleen Barnett won the October raffle prizes ~ *Kinder Garden* book signed by Michael Glassman, boots and seeds.



Learn About "Student Membership"

Dianna Dodd, Co-Vice President Membership

WELCOME
NEW MEMBERS
RANCHO MURIETA
JEAN BRYANT
MARCY CLIFTON
LORETTA LUTZ
NANCY POHL
ELK GROVE
BETTY WALTERS

The River Valley Garden Club now has 92 members. We have 5 new members: Jean Bryant, Marcy Clifton, Loretta Lutz and Nancy Pohll, from Rancho Murieta, and Betty Walters from Elk Grove.

When you attend the next meeting, please look at the back of your name tag. If you do not have your

membership/discount card, it is behind your name tag. This also applies to new or recently returning members. At the meeting following the one where you joined or renewed your membership/discount card will be available.

The garden club Board has decided to create a new membership category. A Student Membership was discussed and we have decided to make this membership available for \$10.00. We now have 3 categories: individual, family and student.



Co-Vice Presidents Membership
Dianna Dodd and Lois Neumayer

A Holiday Garden Party



WHAT

Annual Holiday Party

WHEN

Sunday ~ December 12
3:00 p.m. to 6:00 p.m.

WHERE

Rancho Murieta Association Building
BRING

- ▶ An appetizer or dessert (finger food)
- ▶ Beverage of your choice

SIGN UP

- ▶ Let us know you are coming
- ▶ The name of your guest
- ▶ What you are bringing
- ▶ Sign up sheet will be available at the November meeting

or

- ▶ Contact Marianna Hashorva at 354.2233 or email her at hashorva@ranchomurieta.org

DEADLINE

December 7

In lieu of a gift exchange, you can bring non-perishable food, toiletries or an unwrapped gift to be donated to the Elk Grove Healthy Start program.

Workshop ~ Vermicomposting or Worm Casting

Mindy Cecchetti, Chair Workshop Committee

Learn more about vermicomposting or worm composting by attending our next workshop.

Saturday, November 20 ~ 1:00 p.m.

Ernie Buda's home

7051 Bisbee Drive, Sloughhouse

His contact info is 354.9801 or 761.3802 mobile

Worm Fancy will be educating all of us on the value of worms and worm castings for our gardens. It is easy and fun to do, with very little effort.

Cost

The cost is \$65 for the hands-on participation. *Worm Fancy* will provide all the materials (includes bin with tight-fitting lid, bedding materials, written instructions) and the worms.

\$10 ~ Observation

This does not include any materials or worms.

\$10 ~ Reserves your spot and will be credited towards the

Hands-On participation.

How to Sign Up

Space is limited. There are a few openings left, so sign up today by contacting me at mindyc@wildblue.net 354.1805 or 719.9020 mobile.



What is Worm Fancy?

Our passion is the redirection of food wastes out of our landfills. Worm Fancy is comprised of two families located in the Sacramento suburb of Antelope. Michelle and Kate started Worm Fancy with their husbands to bring vermicomposting to the local elementary schools. After visiting the school lunchroom and watching the volume of food waste put in the trash everyday we knew something had to be done. Unfortunately there are no funds to start a vermicomposting project in the school system. So we started Worm Fancy to help fund our outreach into the schools.

Worm Fancy is your ideal Sacramento area source to buy worms and worm castings (excrement of the earthworm called vermicomposting). Worm Fancy is a local business focused on teaching people about vermiculture or vermicomposting. We want you to learn to successfully use composting worms to compost your kitchen scraps and turn them into odorless organic fertilizer for your garden or house plants.

Our dream would be to see a worm bin in every Sacramento Area home diverting tons of food waste from our landfills every year. Outreach in the elementary schools is one step in teaching how each household can make a difference in the reduction of waste.

Worm Fancy

"Keeping Plugged In" ~ District News and More

Marianna Hashorva, District Liaison



SHEPARD GARDEN & ARTS CENTER

Please check the Shephard Garden and Art Center's website, www.sgaac.org, and keep abreast of their shows and sales.

During the year there is everything from Roses to Cactus to Bonsai to California Native Plants shows and sales. All are invited!

NEXT DISTRICT LUNCHEON

The next District Luncheon is February 17, 2011. There will be reminders about this when it gets closer. We were very pleased at the improved attendance at the last luncheon on the part of our membership. We will continue to extend invitations to this as it comes up.

DISTRICT WEBSITE

At the District's website, www.SRVD.org, you will find other garden clubs' newsletters, including our own award winning newsletter, and a list of upcoming events and details.

UPCOMING DISTRICT EVENTS

Two upcoming events are a bus tour to the Bouquet to Arts on March 16 in San Francisco and the Flower Show in San Mateo (formerly called the SF Flower Show) on March 17. From April 7 to April 10, the California State Flower Food and Garden Show will again be held at Cal Expo. Keep the dates open! It's well worth the trip to Cal Expo!

2012 CONVENTION IN SACRAMENTO

Next year our District is hosting the 81st Annual Convention of the California Garden Clubs. We will be expected to be active participants in that event. There will be much information available way before that event!

Gourd-geous Centerpiece

You can creatively put a hollowed-out pumpkin to good use as the vase for an arrangement of fall berries, greenery and feathers.



2010 Scholarship Winners

Linda Klein, Chair Scholarship Committee



The Scholarship Committee is pleased to announce that there are three winners of our fall 2010 scholarships. We received more applications this year than ever before, and our winners are all well-qualified, talented, outstanding women who are planning dedicated careers in horticulture. They are: Hope Nelson of American River College, Joan Roush of American River College, and Tara Coventon of Cosumnes River

College, who also was awarded one of last year's scholarships.

Hope Nelson ~ American River College

While working on her landscape design technology and horticulture degree, Hope Nelson has maintained a 3.7 overall grade point average and has received a distinguished student service award as well as graduation honors (AA degree) and membership in the honor society for community colleges, Phi Theta Kappa. She has served in student government, been president of the horticulture club and currently volunteers many hours in community service including Habitat for Humanity, KVIE, and her church. She's particularly interested in the landscape design field, designing outdoor living space including outdoor kitchens and places for rest and retreat. Her references state that she is enthusiastic and dedicated to any and all goals she sets for herself and will be an asset to the horticulture industry and might even be one of RVGC's future speakers.

Joan Roush ~ American River College

Joan Roush is planning on getting two AA degrees, one in Nursery Industry and one in Landscape Industry. When those are completed she will continue her education at UC Davis where her goal will be a degree in Environmental Horticulture. She is an excellent student with a 4.0 grade point average who still finds time to volunteer at the American River Water Education Center in Folsom where she helps maintain the drought tolerant demonstration garden. She wants her career to be focused on nursery and greenhouse production with a strong emphasis on conservation and drought tolerant and native plants. Those who know her say she has a passion for horticulture and that in the classroom she is an inquisitive, committed, and hard working person who can work well both independently as well as with others. Joan recently lost her husband and at this time has no source of income, so, as she states, "This scholarship will help me tremendously."

Tara Coventon ~ Cosumnes River College

Last year the committee thought that Tara Coventon was a perfect candidate for one of our scholarships, and this year was no different. Tara plans to complete the certificate program in Landscape Design at Cosumnes River College while she continues to work at two jobs. She has maintained a 3.9 overall grade point average at the college. Her goal is to be a landscape consultant helping people maximize their yard or

Workshop ~ Holiday Design

Mindy Cecchettini, Chair Workshop Committee

Saturday, December 4, 2010

Starts at 1:00 p.m.

Designer Barbara Simas, owner of a Folsom floral shop for over 25 years, will share many, many ideas for a versatile

Creative Centerpiece

Sue Sheridan's shop/barn
(covered and enclosed)

14440 Bevan Street Sloughouse 354.1111

Limited to 16 persons

Cost is \$25.00

To be paid in advance

Complete details will be addressed at the next monthly meeting and again in another email. Sign-ups will be accepted at the monthly meeting and by email.

Thank you,

River Valley Garden Club Workshop Committee

2010 Scholarship Winners (continued)

outdoor space concentrating on water control, native planting and herb gardens. She currently lives on a farm that is looking to venture into agro tourism. She wants to help the farm in making smart, economical, and beautiful landscape decisions. Her professor says she has been one of the hardest working students in the horticulture program, who demonstrates great promise as a future professional through her open mind, pleasant personality, and high intellectual ability. He also states that her positive motivation, work ethic, and strong character lead him to believe she will be a great asset to the horticulture industry. Since, Tara is a young newly wed, this scholarship will provide a much welcomed financial boost.

Many thanks to the Scholarship Committee (Billye Ericksen Mindy Cecchettini, Maureen Gormley, Marie Maschmeyer, Nisi Rooney, and Sue Sheridan) for doing the work of publicizing our scholarships and selecting the winners. This year a representative of the committee went to classes at the colleges to talk to students about the scholarships, which increased the number of applicants. Three members of the committee have served three years (Mindy, Maureen and I) and are retiring from the committee this fall. It's a perfect time for members of the RVGC to volunteer for the interesting and fun tasks of this committee. Marie Maschmeyer has done some incredible research for our new spring Youth Garden/Eco-systems grant program for public high schools and/or community groups sponsoring activities in horticulture or related fields. We have developed the application, and the new committee will decide on grant awards in the spring. It will be very interesting work, and, hopefully, many members will volunteer to work on the committee.

Dr. Oz Comes to Sacramento

Sharon Barton

You've probably watched "The Dr. Oz Show" on television, but did you know that he has launched a program called HealthCorps? His mission is to fight childhood obesity at American High Schools through health, exercise and nutritional outreach. The program is modeled after the Peace Corps, recruiting college graduates who have deferred medical school enrollment to coordinate HealthCorps for two years at a high school. Each participant teaches 10 classes a week, runs an after school club and oversees health related events.



Helen Scheinert, Berniece Jones and Sharon Barton

Berniece Jones, Helen Scheinert and I had the pleasure of attending the program kick-off at Luther Burbank High. Sacramento Mayor Kevin Johnson gave us a warm welcome and informed us that Sacramento County ranked third in the state in obesity, so this is a much needed program. Dr. Mehmet Oz gave a powerful presentation on the importance of healthy living

and thanked the 150+ students at Burbank High who are busy preparing the raised planters for the school garden. The produce grown will be used in the school lunch program as well as at local homeless shelters.

We hear a lot about the dangers of "belly fat" and Dr. Oz gave a simple explanation that I'd like to share with you. First of all, measure your waist. It should be less than half your height. If not, you are in danger of pressure on your kidneys causing high blood pressure; inability to use insulin effectively leading to Type II Diabetes; and increase in the bad cholesterol (LDL) which promotes Stroke and Heart Attack.



Dr. Mehmet Oz, center, joins Sacramento Mayor Kevin Johnson and Michelle Bouchard, HealthCorps president

It was exciting to be a part of this program and to know that Sacramento is on the cutting edge as it has only been introduced at 41 high schools

nationwide. We are lucky to live in California with an abundance of fresh fruit and vegetables and getting kids introduced to gardening at an early age will have lifetime health benefits. Our participation in the CRES school garden project is an important way that we are working on this goal locally.

Tip of the Month ~ Beating Jack Frost

Mindy Cecchetti, Lifetime Master Gardener

Frost and cost protection is a must in our River Valley and frost has known to occur as early as November. The results of frost damage can be devastating to many plants, and especially the newer tender growth.

To avoid frost damage

There are several things you can do to prevent a problem.

- ▶ First, make sure your plants are damp, especially those in pots. Moist soil holds and releases more heat than dry soil.
- ▶ Don't fertilize your plants because you will stimulate new, tender growth.

Row Covers

- ▶ One way of protecting plants from occasional frost is Row Covers, a very light, airy fabric available at most garden centers. It is propped up by stakes (not to touch the greenery) at night and removed during the day hours.



- ▶ Another fabric to use is burlap or plastic, again not touching the plants.

Antitranspirant



Another way of protection is the use of an antitranspirant such as Cloud Cover or Wilt-Pruf. These products, when sprayed on the plants, form a thin film on the leaves, sealing in moisture and helping prevent desiccation.

Christmas Lights



Again, another protection method is stringing Christmas lights in trees and shrubs. Not only do they look festive during the holidays, they can elevate the temperature a few degrees.

Be Alert

Be alert for signs of an impending frost: still air, clear skies, low humidity and, of course, low temperatures. It is wise to check TV or radio weather bulletins and web sites as well.

At the October meeting ~

- ▶ Members and guests contributed \$35.29 to Penny Pines for reforestation
- ▶ The raffle, which will benefit the CRES school garden, netted \$109

In Case You Missed Michael Glassman

Marleen Merchant, Member Programs Committee

Michael Glassman, renowned landscape designer, was the club's guest speaker for our October meeting. His two-part presentation included problem solving landscape design and an overview of his latest book, *Kinder Gardens: Growing Inspiration for Children* for children gardening. For the 50 plus members and guests, Mr. Glassman presented a series of six before and after projects for front and backyard landscapes. Mr. Glassman wowed the crowd with the miraculous transformations he had designed and installed. The six yards ranged in size and budget, but the bottom line was a great design and attention to details. Amidst the ooh's and ash's Mr. Glassman kept emphasizing his 11 problem solving landscape points, while joking about those yards that "have the mound that looks like a dead horse buried in and front yard or the rocks that look like meteors dropped from space." Mr. Glassman advised that a good landscape design has a focal point, the function fits the space, and the materials used repeat and compliment the house. Here is his trouble shooting list for all our landscapes:

1. Make sure you have privacy
2. Don't mix too many different type of materials
3. Have a proper layout for functional space
4. Separate modes of transportation- driveways for cars, walkways for people
5. Wrong plants in wrong place (e.g. don't plant tall trees under power lines)
6. Get building permits
7. Use proper setbacks, CC&R, easements
8. Proper mounding and use of boulders
9. Have a focal point or focal points
10. Plant sun plants in sun, shade plants in shade, plants to avoid pests, etc.
11. Use your landscape design to solve your landscape problems

Mr. Glassman graciously closed the meeting by selecting the raffle ticket and signed the donated copy of *Kinder Gardens: Growing Inspiration for Children* as well as other copies purchased by members.



This unique water wall creates ambiance with it's wonderful trickling sound and appears magical at night. It stands 7' tall and is faced with ledge stone. The water cascades down the wall into a basin filled with sprays of horsetails.

A Crane Tour Without Cranes

Sharon Barton, Co-chair Tours Committee



A group of eager RVGC members arrived in Lodi on November 6 to partake in the annual Sandhill Crane Festival. After a lovely lunch at the Wine Country Restaurant, 10 of us checked in at Hutchins Square and caravanned to Tower Park Marina. We boarded a boat and began our cruise of the Delta waterways, known to be Sandhill Crane habitat. The weather was gorgeous, our captain was entertaining, and we had a Fish and Game docent aboard who provided interesting information about cranes and other birds and mammals.



We saw a great variety of hawks, herons and egrets as well as cormorant, killdeer and turtles, and even an intricate beaver dam, but we didn't see a Crane! When the cruise ended, we thought we may see the Cranes flying "home" after a day of feasting in the fields. We drove up and down some back roads, but to no avail!

Berniece Jones, her husband and a friend took a couple of different tours. In the morning, they went on a bus tour narrated by bird expert, Gary Ivey, and they travelled through the fields where the Sandhill Cranes were feasting in the ploughed fields on stubble, corn and berries. In the afternoon they visited an Eco-Friendly Winery where they totally process their waste and recycle their water. The grape seeds and skins are spread around and become a bird haven of treats.

The Cranes will be in the area until early March so it may be worth a return visit early morning for the daily fly out or at sun down for the fly in. Who knew the birds had such a precise schedule!

Website of Interest ~ WWW.THELAVENDERFARMINLINCOLN.COM


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**THE LAVENDER FARM
1420 SHAMROCK LANE, LINCOLN, CALIFORNIA**

The Lavender Farm in Lincoln, California is a small family-run farm. Several years ago we moved to the country and eventually decided on raising a plant that neither deer nor rabbits eat. Lavender was it. After months of research we planted our acreage with two different types of lavender.

Since then we have expanded and we currently have over 100 different types of lavender. We are certified producers and you can find us at various farmers' markets and we sell seasonally at our farm. The best time to enjoy the "sea of purple" is during late spring bloom. Our exhibition garden is open at that time and it's the perfect opportunity to see your favorite plant in bloom. We offer unique varieties of lavender plants, fresh flowers in season, dried bouquets throughout the year, dried sachet and oils. We offer lavender classes during the bloom season where you can make a fresh lavender wreath or wand.

Bring a picnic lunch and enjoy the shade of the stately oak trees.

For more information please :

email: info@thelavenderfarminlincoln.com

phone: (916) 645.6892

Visit us at these farmers markets. . .

Saturdays at Folsom & Sunrise and Country Club Mall

Sundays under the W/X freeway

Making Lavender Wreaths
Wreath and wand making class:


Join us for a three hour class in which you will learn how to make a wreath from fresh-cut lavender and create several lavender wands.

Light refresh-

ments will be served. (lavender lemonade and lavender cookies)

Lavender 101:

Join us for a three hour class as we discuss the history, use and types of lavender.

Cooking with lavender:

Learn how to use lavender in the kitchen.



River Valley Garden Club
c/o Nicole Sullins
15081 Cozumel Drive
Rancho Murieta, CA 95683-9154

A TIME TO REAP

It's the season for celebrating nature's abundance. Like the oak tree now bare of leaves yet full of promise, we stay grounded in what roots and replenishes us—family, friends and food.

