Garden Clippings

Orange County Master Gardeners' Newsletter

Volume 12 Number 5 May 2006

May Meeting

Saturday, May 6, 2006
510 E. Memory Lane, Santa Ana

Schedule

8:30 – 9:00 a.m.	Setup Plants 'n Things
9:00 – 9:30 a.m.	Snacks and Socializing
9:30 a.m.	General Meeting
10:15 a.m.	Plants 'n Things
10:30 a.m.	Enrichment Program

Members with last names starting with H - Q please bring a breakfast snack to share. Other members are also welcome to bring goodies.

Also, remember to bring along any items you wish to contribute to our Plants 'n Things raffle.

Enrichment Workshop—Garden Mosaics!

Getting Creative with Mosaics

Royce Helen Machynski hails from New Zealand, though she has lived in California for over a decade. Royce is an artist at heart and in action and will speak to us on mosaics, a pastime she has been involved in for over 20 years. You saw some of her work on last month's garden tour. We will learn the basics of mosaics, from the tools and supplies needed as well as creative placements of mosaics. Royce has put mosaics on birdbaths, flowerpots and pathways. She will cover garden and interior mosaics and will show us finished projects as well as those in different stages of completion. She will also demonstrate basic techniques that will make your mosaics stand out. She believes that mosaics can be very creative and imaginative and that the sky isn't the limit, but just the beginning of how this artistic medium can be used to enrich our lives (and our gardens).

Board Meeting: May 18, 7:00 p.m. at the home of Helen Elich.

Gardening Events

Fullerton Arboretum. Pre-register for all classes by calling 714/278-3579 ext. 0. Classes are $7/$5 member.

May 6: **Garden Gourmet III.** 10 – 11:30 a.m. Oak Hall. Growing, cooking and eating your own seasonal produce from the garden is easy, economical and healthy! Enjoy tips and recipes.

May 20 - 21: Herb Extravaganza. Many exotic and uncommon varieties of herbs will be for sale. At 10 a.m. Saturday, at the bleachers, Rita Corpin, will give a presentation on herbs.

May 6: Mary Lou Heard's Memorial Garden Tour, 10 a.m. – 5 p.m. Go to website: www.heardsgardentour.com for list of gardens. Donations support Sheepfold and the Mary Lou Heard Scholarship Fund.

May 6, 7, 12, 13: Fullerton College Spring Plant Sale. Hours: May 6, 9 a.m. – 4 p.m., May 7, noon – 3 p.m., May 12 & 13, 10 a.m. – 3 p.m. Perennials, shrubs, natives, house plants, succulents, and vines are featured.

New Volunteer Venue

Shipley Nature Center in Huntington Beach is in need of a master gardener to assist them in choosing native plants and developing a Native Plant area, etc. For more information, contact Carole Wilkins or Carole Williams. The website is: http://www.stockteam.com/shipley.html

Shipley Nature Center
17829 Golden West Blvd
Huntington Beach
Phone: 714-894-5234

Leaves from the President

Wow, awesome, fabulous--these are just some of the comments that I heard on our garden tour. We are all gardeners and the rain didn't stop any of us from having a wonderful time. It was raining at Fred's but it really gave his garden a mystical feel. The Japanese Maples and conifers were beautiful--what a collection. The next garden was Helen's and I was expecting small plants: not the case. The California poppies, Bladder Pod, Coastal Sunflowers were awesome, so were the other plants. This garden is a treat for all butterflies and birds but especially people. The sun was smiling on us at Yvonne's. Her garden is a floral delight. What a terrific job she does on plant combinations, she really inspired me to plant more in my containers and the Ranunculus in the front border were so lovely. We stopped here for a delicious salad served in a beautiful setting. After we moved on to Fran's, the weather could not have been better, with the roses just starting to open--what a delightful garden to linger in. Sitting in her lovely garden, visiting with friends, and admiring everything, I felt so lucky to be a part of OCMG and the generous gardeners that are its members. Thank you.

--Sharon Neely

Other News

The new board nominees will be presented at our May meeting and voted on in June.

Dues are due at the June meeting!

Our second annual scholarship check for $500 was sent to the Fullerton College Foundation for two part-time students.

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☎Contacts

Sharon Neely, *President*…….

Gayle Crowe, *1st Vice Pres*..… ……

Robert Shaw, *2nd Vice Pres*.……

Helen Elich, *Treasurer*…….

Fred Snyder, *Plant Clinic*…….

Jill Patterson, *Newsletter Editor*

Submit articles by the 10th of each month via:
e-mail
or snail mail

Jackie Brooks, *Vol. Hours*…….

OCMG Website: http://www.ocmastergardeners.org

Heads Up for June Meeting!

The June meeting will include a plant exchange:

1. Plants must be potted and rooted.

2. If you bring plants, you can choose plants to take with you.

3. ALL plants must have an individual tag with botanical or common name on them. (no provision is being made to mark them at the meeting on 6/3/060).

4. This is a potluck also, so please bring those favorite main dishes, salads, desserts, or appetizers. Remember to also bring serving utensils.

5. At the end of the exchange, those members who are chairs of venues that need plants are welcome to take any leftovers beyond the one you exchange for what you brought.

This event is being facilitated by the new class of 2005/06 and hopefully will become an event every year. Please contact Mike Maertzweiler.

The Chile Pepper, part 2

(Chili, Chilli, Aji)

By Martha J. Murphy

All peppers, red ones rating the highest, are full of vitamins A and C, potassium and magnesium. They also contain protein, fiber, calcium, iron, phosphorus, sodium, zinc, copper, manganese, thiamin, riboflavin niacin, pantothenic acid, B-6 and folacin. They contain more vitamin A than a carrot and provide more RDA of C than citrus

During the past 30 years, over 2000 medical studies have been done on the healing properties of the chile and all known uses. Yale Medical School developed a special chile toffee candy for cancer patients to ease the discomfort of mouth sores that manifest during chemotherapy. The capsicum in chile is the active ingredient in modern drugs such as Zostrix, Doloras, Capsazin and Axsain. It is used as a topical or internal treatment for arthritis, shingles, diabetic neuropathy, itching and psoriasis. It has long been a key ingredient in liniments, decongestants and cough medications. It is also the star ingredient in pepper spray.

Research indicates that chiles contain bioflavinoids, is a powerful anti-inflammatory, an anti-oxidant, and reduces substance P that sends pain signals to the brain, making it a non-addictive rival for morphine. The key ingredient, capsicum, increases blood flow in any area it touches, promoting healing. The capsanthine provides the vivid colors and even makes the egg yolks of chickens in the tropics red. It is a better antioxidant than fruit or vegetables, is the activating ingredient in pepper spray.

Throughout the ages, the healing properties of chile peppers has been used to treat:

Sinus congestion
Colds
Congestion due to bronchitis, asthma, allergies
Sore throat
Blood clots
Blood circulation
High blood pressure by dilating blood vessels
Stroke preventative
Weight gain by burning calories by boosting post meal metabolism by 25 percent
Flatulence
Muscle spasms
Unbroken chilblains
Diabetic neuropathy
Indigestion by boosting digestive juice production
Bacterial infection as an effective antibacterial
Diarrhea
Shingles by treating pain
Cluster headaches
Severe burn
Inflamed joints
Lack of flexibility
PMS
Arthritis and Osteoarthritis
Pain

Use red chile with caution: Chile peppers irritates bladder infections, prostate problems and active ulcers.

Hot varieties cause skin to turn red and causes eye irritation if a person handling the hot peppers touches the eyes. It may interfere with glucose uptake.

The hot red pepper like the Pequin has been documented as far back as the Mayan era and is known in remote American folklore as the real reason Pancho Villa was able to take Mexico City during the revolution. But that is another story.

Sources:

Encyclopedia of Herbal Medicine; *Herbs and Spices* by Waverley Root

The New Age Herbalist by Richard Mabey

American Indian Herbology

Pepper Magazine

Bailey Farms

www.thenutritionreporter.com

Trees in a Backyard Habitat, part 1

By Anne Porter

When I started researching the role of trees in backyard habitats, I knew I'd find a lot of information. But I didn't expect to find so many great sites on the Web, or ones with so much information. I've included the URLs (addresses) of the sites I visited.

One of the first articles I found was from Newport Harbor High School – http://darwin.bio.uci.edu/~sustain/issueguides/TreeOrdinance/index.html. This proposal for a native tree ordinance for Orange County included a number of interesting points. For example, the author, Don Johnston, notes that although several jurisdictions in Southern California provide long-term protection for native trees, there is none for Orange County.

He listed a number of species that can be considered endangered and, therefore, of special interest. They include the coast live oak (*Quercus agrifolia*), Engelmann oak (*Quercus engelamnii*), California sycamore (*Platanus racemosa*), and various species of willow (*Salix* sp.), all of which provide wildlife with shade, shelter, and food. Even trees that have died provide nesting cavities for many species of birds and the debris is used as cover for small mammals, reptiles, and amphibians.

Patches

We, as Master Gardeners, would most likely be dealing with what Thomas Barnes calls a "patch" – a "surface of the landscape that looks different from its surroundings…islands in the sea of homes and businesses." In his article (http://www.ca.uky.edu/agc/pubs/for/for74/for74.htm) he sets out guidelines for habitat conservation planning as a part of a National Institute for Urban Wildlife study focused on large-scale urban development.

- Before designing the site, maximize open space and make an effort to protect the most valuable wildlife habitat by placing buildings on less important portions of the site. For example, use "cluster development".
- Provide water, and design storm water control impoundments to benefit wildlife.
- Use native plants that have value for wildlife as well as aesthetic appeal.
- Provide bird-feeding stations and nest boxes for cavity-nesting birds.
- Educate residents about wildlife conservation.

In, **Urban Gardens as Native Plant Habitat**, www.lacnps.org/urban.html, Betsey Landis describes plant communities that could be developed in a "patch": they could include herbs, small shrubs, tall shrubs, and trees, planted in natural groupings in the garden. She describes plant communities in southern California including coastal sage scrub for hotter, drier locations; chaparral for slightly cooler, dry locations; riparian for wetter, shadier locations; grassland for flat, hot, thin soil locations.

As an example of a community, look at chaparral. It usually has a sparse tree layer of isolated trees of coast live oak (*Quercus agrifolia*) or small groves of California walnut (*Juglans californica*) and/or Mexican elderberry (*Sambucus mexicana*) where more water is available. Basically chaparral is dominated by tall shrubs and small trees, ten to twenty feet in height, though there is a rich under story of smaller shrubs and woody perennials.

Some common chaparral shrubs are chamise (*Adenostoma fasciculatum*), hollyleaf cherry (*Prunus ilicifolia*), mountain mahogany (*Cercocarpus betuloides*) and species of *Ceanothus*, *Rhamnus*, *Rhus*, manzanita

(*Arctostaphylos*) and scrub oak (*Quercus*). The herb layer may be sparse to abundant depending on the density of shrubs. Vines ranging from woody species of *Clematis*, honeysuckle (*Lonicera*) and wild grape (*Vitis girdiana*) to seasonal species of morning glory (*Calystegia*) and wild cucumber (*Marah*) compete in the wild for canopy space with the ever present poison oak (*Toxicodendron diversilobum*). Poison oak is not recommended for any garden

Debris from the Editor

Each garden in this year's tour could not have been more different from each other nor more reflective of the gardener's passion and soul. Each was an oasis from the surrounding urban area with color, fragrance, garden art, water features, and nooks that invited lingering. Kudos to Fred, Helen, Yvonne, and Fran for creating a unique environment and thank you for inviting us to share and enjoy your vision. And thanks for all the delicious refreshments at each stop, most of which originated from the garden.

GUAIBAJAI – Hexachlamis edulis – Myrtaceae

Common names: Guaibajaí, Peach tree-do weeds, Cherry-do-river-great, Ivahai, Pessego-do-mato, laranjinha, ubajaí, ibajaí


Hexachlamys edulis

This bush is a South American native. It grows from São Paulo to the Rio Grande Do Sul in Southern Brazil. It still occurs around the Iguazu Falls on the Argentina side and in some areas of Uruguay. The plant possibly is a native of the area of the Iguazu Falls, growing in the forests and enclosed formations of the Parana River basin. Also it has been found growing in the Mato Grosso's Amazonia forest.

The Guaibajaí tree is a large shrub, reaching 15 to 30 feet in height. Heavily formed by fast-growing shoots with multiple crooked ramifications, the trunk's appearance resembles cork. The stalks, when young, are light brown with few leaves, turning to a grayish-white with pinnacles of leaves.

The opposing leaves are narrow and tapering toward the apex and at the base. The leaves are mildly aromatic, and their points are translucent. Leaves, when young, are of a light green color. As they reach 5 to 8 inches in length, the leaf color becomes a light green with a touch of blue.

The flowers are small and showy, forming in short-stalked clusters at the end of the branches. They are creamy white and fragrant. Flowers are used in the perfume industry because of the unique and pleasant odor.

The fruit at the early stages is light green, turning to a mustard-yellow color at ripening time. The 3 to 4 inches long and 2 to 3 inches wide fruit with an outer skin is thin and not uniform. It has some smooth lumps, similar to those in the papaya.

The fruit pulp is sweet and stringy with a pleasant peach odor. The pulp color varies from a yellow-white to orange-white, with a large single seed attached to a series of fibrous, thread-like filaments.

The Guaibajaí tree is usually grown from seeds. Most are polyembrionic, producing 4 to 6 plants per seed. They germinate in 20 to 40 days. Grafting is possible in some cases. Budding is not easily accomplished because of the hardness of the wood.

Guaibajaí trees grow best in deep, rich well-drained soil, but they tolerate sandy soils. A fertilizer of 14-14-14 slow-release is placed in a series of pits around the base of the tree. The pits store and gradually release the nutrients.

The Guaibajaí fruits are edible and are often used for the making of jelly and marmalade.

—Alfredo Chiri, OC Calif. Rare Fruit Growers liaison to the Fullerton Arboretum.