

Garden Clippings

Orange County Independent Master Gardeners' Newsletter

Volume 17 Number 5

May 2011

May Meeting

Saturday, May 7, 2011

At our new location:

Rancho Santiago Community College Rm. 107
2323 North Broadway, Santa Ana, CA 92706

Schedule

8:30 – 9:00 a.m. Setup Plants 'n Things
9:00 – 9:45 a.m. Business Meeting
9:45 - 10:00 a.m. Plants 'n Things
10:00– 11:00 a.m. **Enrichment Program**
11:00 Clean-up

Members with last names starting with **H – Q**, please bring a breakfast snack. Other members are also welcome to bring goodies. Also, please bring along any items you wish to contribute to our Plants 'n Things raffle and any gardening catalogs or magazines you'd like to share.

Program: Fruits We Can Grow In Our Backyards with Brent Edel

Brent Edel and his wife are active members of the California Rare Fruit Growers. This organization is famous for growing exotic fruits and for helping Cal Poly start its own exotic fruit orchard years ago. Just think what fruit we could add to our own gardens!

Board Meeting: follows general meeting.

Scholarship Update

VP Robert Shaw has been talking to Cal Poly about our scholarship offer to Regen Center students. The department head is very excited about the prospect and has eight students with financial needs. Each interested student will write a 250 word report on their project and list their requirements and costs at the bottom. We hope to announce the winners at our June meeting.

Gardening Events

Fullerton Arboretum. Pre-register for all classes by calling 657/278-3407

Sat, May 7: “Water Conservation Gardening Class VI: Low Water Gardening Basics” 1:30-3:30pm. Free to Yorba Linda Water District customers with their water bill.

Come discover how easy it is to design a beautiful landscape that uses less water and resources and provides habitat to wildlife.

Sat. – Sun. April 30 - May 1: “Mary Lou Heard Memorial garden tour”. 10 am - 5 pm

Our own member Jan Bridger is on this tour. The list of homes and addresses is at:
www.heardsgardentour.com

Fullerton College Horticulture Dept., 321 E. Chapman, Fullerton 92832, 714-992-7135.
Website: <http://horticulture.fullcoll.edu>

Sun. May 1 and Sat. May 7: “Annual Spring Sale”. May 1, noon – 3pm, May 7, 10am – 3pm

Their biggest sale of the year, with drought tolerant, tomatoes and peppers, succulents and perennials.

UC Irvine Arboretum. Campus Dr. and near the corner of Jamboree Rd. Irvine, CA 92697

Sat. – Sun. May 21 – 22: “Spring Perennial Sale”. Sat, 10am – 4pm, Sun, 11am – 3pm

Find unusual and easy to grow perennials from South Africa, Mexico, and elsewhere that are hardy in Orange County.

Leaves from the President



I hope everyone had a good time at the graduation ceremony. We are looking forward to seeing the new graduates at the meetings and getting to know them better.

Also, thank you again to everyone who helped out with the graduation ceremony. The tables were set up nicely, the food was great, and everything went wonderfully.

Anne Porter will be in charge of May's meeting as Paula Ames and I are taking a cruise up the coast to Vancouver. I will be back for the June meeting.

Happy Gardening,

Jill O'Neill, President
Orange County Independent Master Gardeners

Website of Interest

Sharon Neely found this website. If you are interested in attracting more pollinators to your garden check out the Pollinator Partnership: www.pollinator.org/guides

You can download lists with excellent pollinator plants and strategies for providing shelter for pollinators. The information is zip codes specific and is in a pdf format of around 15 pages.

Penultimate Reminder for June Meeting

We will be holding our annual plant exchange in June. When you start your plants and seeds, also

create the labels with the scientific and common name plus care instructions.

☎ Contacts

Jill O'Neill, *President*

Diane Wilkinson, *Treasurer*

Anne Porter, *1st^d Vice Pres*

Robert Shaw, *2nd Vice Pres.*

Fred Snyder, *Plant Clinic*

Jill Patterson, *Newsletter Editor*

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

or snail mail:

Jean Rice, *Vol. Hours*

Website: [http:// www.ocmastergardeners.org](http://www.ocmastergardeners.org)

Congratulations to our Graduates!

We welcome the graduates to our organization! Kudos to Robert Shaw, our 2nd VP, for his hard work and dedication in running the training class.

Shawna Adam
Melanie Boudreau
Carol Bradshaw
Ken Bradshaw
Lisa Bravo
Susan Cable
Manuela Cooper
Lisa Da Silva
David House
Sue House
Audrey King
Martha Kirton

Marji Kress
Rynette Krupp
Miguel Luna
Patti McCarthy
Veronica Roach
Cate Scott
Monica Stephens
Ria Vigil
Glenn Vodhanel
Tamara Wagner
Dave Wilson
Judith Wright

Several of the trainees are trainees no longer, having already completed their 50 volunteer hours. They are: Melanie Boudreau, Miguel Luna, Veronica Roach, Dave Wilson and Judith Wright.

Gardening Improves Fitness and Quality of Life

Adapted from Elements4Health.com

Gardening is linked to a higher quality of life and is a great way to increase activity levels, especially for older adults, researchers say. A new study reports that people who garden are more likely to have healthy lifestyles, get enough exercise, and be happy with their lives

Does gardening contribute to quality of life and increased wellness for older adults? Researchers from the Texas A&M and Texas State Universities asked these questions in a survey of people aged 50 and older. The survey revealed some compelling reasons for older adults to get themselves out in the garden.

A 2007 Administration on Aging report titled A Profile of Older Americans noted that one in every eight Americans is considered an “older adult” (65+ years). The older adult population is at greater risk for disease as a result of decreased levels of exercise and poor dietary and/or lifestyle choices; a combination of moderate physical activity and increased consumption of fruit and vegetables has been reported to dramatically reduce an adult’s risk for many chronic diseases. “Gardening is one of the most popular home-based leisure activities in the United States and has been reported as the second most common leisure activity, after walking, of adults older than age 65 years”, the researchers noted.

To find out more about the health and attitudes of older adult who garden, Anne Sommerfeld and colleagues designed a survey based on the Life Satisfaction Inventory A (LSIA), a tool that measures five components of quality of life: “zest for life,” “resolution and fortitude,” “congruence between desired and achieved goals,” “physical, psychological, and social self-concept,” and “optimism.” Additional multiple choice questions were asked to determine respondents’ level of physical activity, perceptions of overall health and well-being, as well as to gather demographic information. The survey was posted on a university homepage for one month. Responses

were gathered from 298 participants who differentiated themselves as gardeners or nongardeners by responding positively or negatively to the simple question “do you garden?”

The researchers found significant differences in overall life satisfaction scores, with gardeners receiving higher mean scores (indicating more positive results) on the LSIA. More than 84% of gardeners agreed with the statement, “I have made plans for things I’ll be doing a month or a year from now” compared with only 68% of nongardeners. Significant differences between gardeners and nongardeners were also noted in the “energy level” statement, “I feel old and somewhat tired”. Gardeners disagreed with the statement at a rate of 70.9%, whereas 57.3% of nongardeners disagreed with the statement.

Older adults who garden also reported a higher level of daily physical activity compared to nongardening respondents. Over three times as many nongardeners (14.71%) considered themselves to be “quite inactive.”, while only 4.43% of gardener said the same. “Almost twice as many gardeners (38%) considered themselves to be “very active” compared with only 19.6% of nongardeners”, noted the study.

More than 75% of gardeners who participated in the survey rated their health as either “very good” or “excellent”. Gardeners also reported eating more fruit and vegetables because of their exposure to gardening. “These factors, in conjunction with higher physical activity, result in healthier lifestyles and increased quality of life”, the researchers wrote.

South Coast Plaza Crate and Barrel / Macy’s Home Store Wing Spring Garden Show

Seminars, vendors, and landscape gardens in an indoor version of Green Scene. See

website: www.springgardenshow.com. Thu.

– Sat. Apr 28 – May 1.