

How Does Your Garden Grow?



News from UCCE Calaveras Master Gardeners

September 2014

From The Editor

The days are getting shorter and it's time to plan your Fall garden. This issue contains lots of information on doing just that. We have also featured Wally Gill's fascinating article on edible weeds. Just goes to show, there is good in everything.

On that note, let's hope the other Odile is bringing us some rain!

Happy Gardening,
Odile Morrison, President
Calaveras Master Gardeners

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calmastergardener@gmail.com

Edible Weeds

By Waldraut Gill, *University of California Cooperative Extension Master Gardener for Calaveras County.*

A version of this article appeared in the Calaveras Enterprise on 22 August, 2014.

Have you ever wished that there were some use for all those weeds that sprout in the midst of your plants? Many of those weeds are healthy and quite tasty when prepared properly. Some of the most common are as follows:

DANDELION: This plant with its bright yellow flowers and notched leaves is widespread.

It is rich in Vitamins A and C, and the B complex vitamins, as well as in Iron, Potassium, and Zinc.

Historically, dandelion was most commonly used By Native Americans and Arabs to treat problems of the liver, kidneys and spleen. The best time to collect the leaves is in the early spring before the yellow flowers appear.

The young leaves are great in salads. More mature leaves tend to be bitter and need to be blanched in boiling salt water before being used in stews or as a vegetable side dish. Dandelion flowers are used to make wine.



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Upcoming Events

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Need Help?

**Master Gardener helpline
209-754-2880**

Next [Open Garden](#)

27 September

Garden To Do List for September

By Teresa Spence, *University of California Cooperative Extension Master Gardener of Calaveras County.*

Days should be getting cooler by now. Fall, and the hope of a generous rainy season, will be starting soon. This may be the time to rethink your ornamental garden and replace some of those thirsty plants. Hot summers and drought will always be a fact of life here in Calaveras County so it may be wise to include some drought tolerant native or Mediterranean type plants in your landscape. If you need information on which plants may be suitable for your area, contact a Master Gardener. Or go to the September 27th Open Garden and plant sale at the Demonstration Garden, which is located by the Government Center. The Master Gardeners will be able to provide you with a list of plants that are known to grow well at various elevations in our county and perhaps sell you the ideal plant for your garden.

Fall planting allows plants to grow more roots so by the time Spring arrives they are more established for next year. As soon as the rains come will be a good time to plant perennials, trees and shrubs. They will benefit from some mild days and rain before the weather gets too cold.

Make sure that all fallen fruit is picked up. If it is infested with insects or disease, bag it and throw it in the trash not in your compost pile. Clean up annual flowers and vegetables as they fade. Pull them out and compost them if there are no signs of disease or seed heads on the plants, otherwise discard them into the trash.

Cut back on watering if the rains have started.

If you want a cool season vegetable garden, broccoli, cabbage, and other "cole" crops need to be planted by mid September so they will be ready to produce as soon as the weather cools down. Make sure the vegetable beds have been replenished with compost in order to have enough nutrients in the soil to feed the crops during their growing season.



Open Garden & Plant Sale 27 September

September Press Release

By Maggi Blood, *University of California Cooperative Extension Master Gardener of Calaveras County.*

The Calaveras County Master Gardeners' Demonstration Garden will be open on Saturday, September 27 from 10AM – 2PM.

The plant sale from 10am to noon will feature trees and shrubs. The Demonstration Garden is located at the County Government Center, 891 Mountain Ranch Road, San Andreas.

Our discussion in September will be about the Cycles of the Garden, planning gardens with a Spring, Summer, Fall and Winter view from Vegetables to Ornamentals.

Find answers to your home gardening questions, including plant and pest problems. When the garden is not open, home gardening assistance is offered by Master Gardeners through the **help line at: 209-754-2880**. The public may leave a message regarding a problem and a Master Gardener will return the call.

The Demonstration Garden is a project of the Calaveras County Master Gardeners whose primary goal is to educate the public about home gardening. Proceeds from plant sales support the Master Gardener's education programs and maintenance of the Demonstration Garden. For additional details contact the UC Cooperative Extension office at (209) 754-6477 or visit the Calaveras UC Cooperative Extension website <http://cecalaveras.ucdavis.edu>

Also check out our Calaveras Master Gardener's website for information and updates <http://ucanr.org/sites/CalaverasCountyMasterGardeners/>

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CNPS October Native Plant Sale

Join us at one of our favorite events of the year, our fall plant sale. This drought year has many of us thinking about including drought tolerant plants in our garden. As you look for plants that need less summer water, don't forget to include California natives. For many of our natives, summer is their dormant season. So, once established, they need less summer water; some require little to no summer water at all!

Our sale is on Saturday, October 11 from 9 am until Noon. We will be at the same location: Rocca Park, Main Street, Jamestown. We will have many different species of shrubs and perennials that need minimal water, once established, during our hot summer months. At the sale, there are always many knowledgeable people to answer your questions and help you choose the appropriate plant for your location.

Remember to come early for the best selection. Better yet, volunteer to help at the plant sale. Volunteers get to select plants before the sale is open to the public. We need volunteers with trucks or a SUV to load plants the night before and deliver them the morning of the sale. We also need cashiers, tag pullers, and knowledgeable people to answer questions. So email Stephanie at sjgarcia@mlode.com to volunteer.

Edible Weeds...

CHICORY: It is thought that this plant originated in ancient Egypt. There are two types of Chicory. One is the curly endive that you find in the supermarket in the fall. The other is Wild Chicory or Succory. Wild Chicory is a woody plant with bright blue flowers and a long tap root (two to three feet long). It likes a sandy soil and has tough little stem-like twigs. The root is used as a coffee substitute. In fact, in New Orleans, Chicory coffee is a specialty. The root is washed, dried, and then chopped very finely, and used in a French coffee press. It is very tasty and contains no caffeine.

WILD GRAPE VINES: These can be found in damp, woody areas and will climb trees and shrubs; they tend to suffocate their hosts. The grapes are edible, but have a lot of seeds and taste best after the first frost. The leaves are very nutritious. The young leaves can be used in salads and can be blanched and cooked as a vegetable. They have a citrusy flavor, almost like grapefruit. The mature leaves may be blanched and used for dolmas.

MINER'S LETTUCE: This succulent plant is also known as "America's gift to the Forty-Niners." It is one of the few American natives that were brought back to Europe to grow for food. The miners used it to prevent scurvy, a Vitamin C deficiency. About 100 grams of Miner's Lettuce contains one-third of the recommended daily requirement for Vitamin C, 22% of the RDA for Vitamin A, and 10% of the RDA for Iron. The tiny green leaves with little white flowers appear in the early spring. They add a crunchy mild flavor to salads. Miner's Lettuce is also very tasty when chopped fine and used in quiche, in place of spinach. If you have a moist shady area, it is easy to grow.

YARROW: Yarrow is an herb that contains isovaleric acid, salicylic acid (aspirin), tannins, and coumarins. The Navajos chewed the leaves for toothaches, and the Miwoks used the plant as an analgesic and for head colds. Native Americans also used the leaves on wounds. In the 17th century, it was very popular as a vegetable cooked with meats. It was also used to flavor beer before hops were used. Young yarrow leaves add a bitter taste to mixed greens.

BORAGE: Borage is known as the "Star Flower." While it is actually considered an herb, it is included here since it grows like a weed. It is native to the Mediterranean region, but has made itself very comfortable in California. The plant is hairy all over, can grow two to three feet tall, and has blue and pink flowers. The seed oil is a rich source for gamma-linolenic acid. The leaves have a cucumber-like taste and are used in salads. The use of Borage as a vegetable is very common in parts of Spain, the Greek isle of Crete, and in Germany where they make a green sauce and use it on poached fish. In Italy, Borage is used as a filling in traditional raviolis. It is also used as flavoring in some gins.



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Edible Weeds

PURSLANE: Purslane is a wonder food, with more Omega-3 fatty acids than almost any other plant. It has a crunchy texture, is great raw in salads, and has a slightly mucilaginous quality, which makes it good for thickening, soups. It can be used in a tempura batter and fried. Fresh Purslane leaves with crushed garlic and Greek yogurt make an excellent appetizer to spread on toasted bread or crackers. These are just some of the healthy weeds that grow in our area.

The history of the medicinal uses of these plants is not meant to provide specific medical advice. Please consult your physician before using them medicinally. Be aware that there are also many poisonous weeds growing in our area, so be sure you know what you are picking before you eat it.

Become a Master Gardener!

Enrolment will open in November for Master Gardener training, which will be in Calaveras County in 2015. Register your interest now and we will contact you when enrolment is open. Contact Debbie Powell at 209-754-6473

Training begins in late January and runs for 15 to 16 weeks. Gardeners must pass a final exam and commit to 50 hours of volunteer service to Master Gardener projects, including the Demonstration Garden in San Andreas, the first year following certification. After completion of the Master Gardener Training Program, volunteers join the Master Gardeners of Calaveras County.



The training fee of \$185 covers costs for textbooks, reference books, class handouts and hands-on material. Class instruction, demonstrations and hands-on activities are free to those who commit to the volunteer obligation.

Calendar of Events

September 27

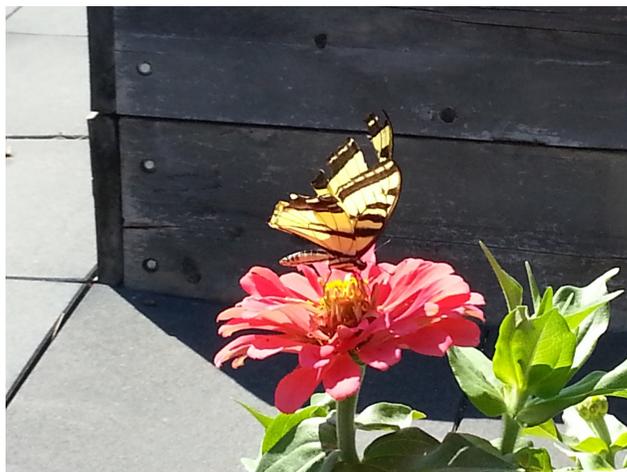
Open Garden 10am - 2pm

Topic: Cycles of the Garden, Bev Vierra Pennington

October 25

Open Garden 10am - 2pm

Topic: Gifts from the Garden, Bev Eckland and Odile Morrison



Master Gardener Board of Directors

Odile Morrison, President
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 Bev Vierra Pennington,
 Demo Garden Coordinator
 Dolores Ransom, Member liaison
 Bev Eckland, Youth Programs &
 Special Events

Cooperative Extension Office:

891 Mountain Ranch Road, San Andreas.
 Open 8am to 4.30pm Monday through Wednesday.
 Phone: (209) 754-6477

Master Gardener Coordinator

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