



GARDEN VIEWS

University of California Cooperative
Extension - Riverside County

21150 Box Springs Road, #202
Moreno Valley, CA 92557-8781
(951) 683-6491 x231

81077 Indio Blvd., Suite H
Indio, CA 92201
(760) 342-6437

Website

www.ucanr.edu/sites/RiversideMG

Email

anrmgriverside@ucanr.edu

anrmgindio@ucanr.edu

In This Issue

Wildflowers!	1
Key to Identify Wildflowers.....	3
Help Wanted – Talent Search	4
WMWD Garden Committee:.....	4
Speakers Bureau.....	5
Desert Area Committee	6
UCR Botanic Gardens	7
Rosa’s Report	7
Foods Low & High Acid.....	8
Janet’s Jottings	9



Wildflowers!

Contributed by Mary Ann Egan

Desert wildflowers this spring have been nothing short of amazing! In an environment defined by its scarcity of water, wildflowers have put on a show that has had both desert residents and visitors grabbing their cameras and kneeling down in the sand for an up-close photo. Plentiful rains, if they come at the right time and at the right intervals, can transform the harsh desert environment for a short period of time into a scene of lush greenness and color. That magic combination of rains occurred this winter. The resulting beauty and the ephemeral quality of delicate-looking flowers growing in a desert environment of stark contrasts and scarcity should warm the heart of any gardener.

(Continued on page 2)

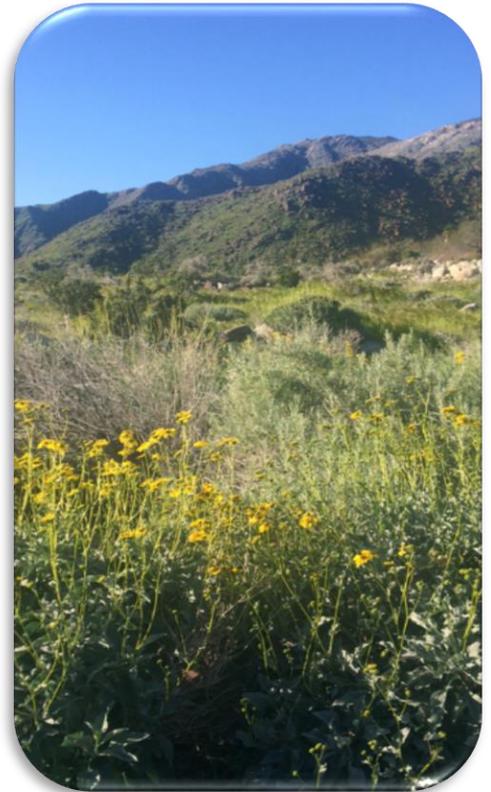
Wildflowers! (continued from page 1)

Desert Area Master Gardeners were definitely in on the wildflower activities. In preparation for the Coachella Valley Wildflower Festival which is sponsored annually in early March by Friends of the Desert Mountains, Master Gardeners grew 200 wildflower plants at their Living Desert propagation project to give away at the festival. At this well-attended event off Highway 74 in Palm Desert, visitors were able to participate in a 5K trail run/walk and could hike along trails to see some of the wildflowers gracing the desert this year. From their information table at the festival, Master Gardeners gave away small California poppy (*Eschscholzia californica*) and California bluebell (*Phacelia campanularia*) plants to interested visitors.

And, in the Coachella Valley Preserve in Thousand Palms, Master Gardener Dan Goldberg headed up a crew of MG's to take photos of wildflowers for use in a plant guide for the Preserve which is being prepared by Desert Area Master Gardeners.

The Coachella Valley Preserve is often a good place in the Valley to see wildflowers, and I hope to have more information on this helpful guide to share with you in the coming months.

What were some of the wildflowers available this year which enticed us "flower peepers" to get down in the sand and snap a photo or two? Here is a sampling:



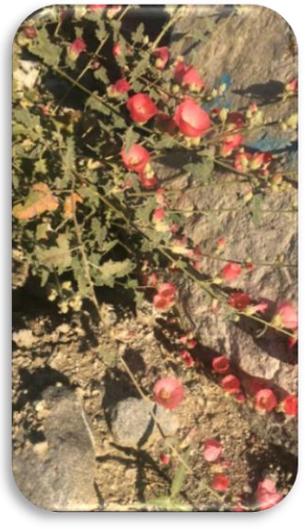
Calling All Veterans ☑

Veteran Master Gardeners are encouraged to sign up for our increasing number of Information Tables. These events are an excellent opportunity to meet the gardening public while mentoring trainees and first year MG's. We really need Veterans to sign up, because our Trainees need your help in earning hours and learning how to do it right. Setting up and picking up the MG EZ Ups is essential to keeping our folks in shade.

Help Line needs more Veterans to sign up. Share your knowledge and learn even more as you answer questions phoned or emailed to the UCCE offices in Riverside and Indio. We are expanding the ability to answer email questions remotely. This may be the perfect opportunity to work from home. ☑

Key to Identify Wildflowers

In order, from left to right, starting on the top row:



1. Sand verbena
(*Abronia villosai*)
2. Desert Canterbury bells, or California bluebells
(*Phacelia campanularia*)
3. Chuparosa
(*Justicia californica*)
4. Apricot mallow
(*Sphaeralcea ambigua*)
5. Datura/Jimson weed
(*Datura wrightii*)
6. Desert chicory
(*Raftnesquia neomexicana*)
above a bed of forget-me-nots (*Cryptantha* sp.)
7. Brown-eyed primrose
(*Chylismia claviformis*)

Resources: James W. Cornett, Coachella Valley Wildflowers; "Wildflowers of Anza-Borrego Desert State Park" hand-out, published by Anza-Borrego Desert Natural History Association; Desert Sun newspaper articles by James W. Cornett entitled "You can find this tiny flower anywhere, (2/16/2017)" and "This wildflower species is abundant in the Coachella Valley (2/23/2017); Desert Sun newspaper article by Maureen Gilmer entitled "Where to see wildflowers in Coachella Valley" (3/19/2015).

Help Wanted – Talent Search

Contributed by Eben Longfellow

As the UC Master Gardeners of Riverside County continues to grow and options continues to present themselves for us to get involved in more or new projects/events. It's becoming very important that we expand our volunteer positions to support the organization. Many different types of volunteer opportunities are available allowing members to choose the one(s) that work best for them.

In addition to all of our hands-on volunteer opportunities we need members to help us lead, manage, supervise & assist in the following areas: Marketing; Website & Social Media; Training & Education; Team/Community Building; Membership; Project/Event Coordination & Social Events.

The above bold listed volunteer opportunities can require 2-20 hours/month with some being done at

your home, UCCE office (Riverside) or out in Riverside County. Further, some of the above volunteering options can be short or long term (i.e. 1-12 months).

We all like going to Master Gardener projects & events that are well organized and that make us feel better about ourselves when we leave. Well run activities require advanced planning & coordination – in addition to expertise & good communication – and more of us volunteering in these areas will allow us to educate more residents and improve our communities.

For more information about the above bolded volunteer opportunities please get in touch with me and we can communicate to learn what position might be a good volunteering match.

WMWD Garden Committee:

Contributed by Karen Fleischer

Our February 11th workshop **“The Beauty and Relevance of the Well-Chosen Southern California Garden”** presented by Nan Simonsen was enjoyed by the 47 attendees. The threatened rain and chilly temperatures did not dampen the inspiring presentation by Nan.

Rancho Santa Ana Botanic Gardens - Sandy Starkey has arranged for a docent-led tour of the Nursery, Seed Bank and Gardens on Wednesday,

May 3rd, for MGs who are part of the WMWD Garden Project. Sign up on VMS - tour is limited to 25.

“Ask the Experts –A Gardening Expo” - We are planning our June 17th event with several new exhibitors – Corona Tools, UCRBG, and Ewing Irrigation who will be giving a presentation on converting sprinklers to drip irrigation.

Speakers Bureau

Contributed by Thurman Howard

IPM Project

We kicked off the new IPM topic “Less Toxic Pesticides” at the end of February, with Dave Brandtman giving a superb presentation. Along with his presentation, he had a hands-on exercise on how to read labels. I mentioned at the class that Dave’s presentation was much better than going through the IPM training because he had enough time to thoroughly teach the topic. There was no rush, and all questions were taken. For the next two months, we will be talking about pesticides and important things to know about using them in the garden.

Menifee Project

The Menifee Project has been turned over to a Gold Miner. Allen Freetage will be overseeing all the activities in that area. We started our garden series, with the city of Menifee. We had a much better turn out since we changed the time. I have a meeting with Menifee to make the time more available to some people that were not able to make our meeting due to conflicts with their schedules. On the second Saturday of each month we will have a “Master Gardener in the Garden” starting on March 11th. Nancy Nelson will be there from 10 to 12 noon.

Lavender Farm

Last year we did three presentations, this year we have 14 slots for Master Gardeners to speak. We will also have two booths instead of one. One will be for our information table, and the other will be for speakers to talk to the public on how to care for California natives, succulents, and Lavenders. These demos will run from 1 p.m. till 4 p.m. every



day the Festival is open. With the help of Shelia James, we will provide training on these topics. We were given our choice of location for our booth and we are right in the center of all the activities.

Farmers Market Initiative Meeting

On the 27th of February, Connie Mettler, Trainee Debora Anderson, and myself attended the Riverside County Farmers Market Initiative.

When we committed to this meeting, we felt that this would give us some contacts for the Gold Miners in areas that we are not reaching. We came away with more than just a list of Farmer Market Managers, because we can interact with other vendors that work within the confines of the County. We will be getting a complete list of farmers and market managers from Arron as soon as the list is completed.

I will be working with WIC, (Women, Infants, and Children program, a federal assistance program for healthcare and nutrition of low-income pregnant women) on a project showing how to grow things in a container using an olla, a wide earthenware jar. This will help kick off their new effort to introduce fruits and vegetables to a new outreach

of the WIC program. There is a multimillion dollar program, giving coupons out to purchase these items at the Farmers' Market. Since it has been incorporated, a large push is being made in the Jurupa area. We talked to one of the council members, and she would like to see us at their Farmers' Market.

On short notice Marilyn Cerone gave a class on how to start seeds and a hands-on demo on planting transplants and picking lettuce. If nothing

else, we increased our presence in the area. Marilyn acted as a speaker, but will adopt this as a project for school gardening and report to its coordinator, Cindy Peterson.

We start our commitment to Inter Valley Health to do 60 presentations for the year 2017, on March 11th in Banning and Hemet. We are scheduling six for this month, and will be busy for the rest of this physical year. This event will give us a boost as we start our 2018 speakers Bureau year.

Desert Area Committee

Contributed by Joan Kyle-Baerman, DAC Coordinator

The 33 soon-to-be-Master Gardeners gave their presentations on the 15th and the 22nd of March. On the 22nd they had face-to-face interviews with mentors and project coordinators to help them fit their interests within the projects and activities. There will also be a take home, anonymous exit interview to critique the class, mentors, speakers and overall MG program. Class graduation will be a potluck at Moortens Botanic Gardens in Palm Springs on April 5th. The class plans their own graduation.

The Braille Institute has requested the Master Gardening classes continue over the summer. The Palm Desert farmer's market is considering staying open all summer. (Palm Springs already is year-round).

Janet Hartin's workshop will be April 13th in the evening at UCR-Palm Desert campus. The subject is

Climate Change on Plants. MGs will be registering and assisting the audience, and we will do a plant sale at that time.

On April 11th, we are having a veterans and first year Master Gardeners meeting. We will be discussing ways to keep veterans volunteering. We will be discussing the staffing of information tables, seeking out volunteers for coordinator positions, and generally planning for the next year. By late April our snowbird members start to go north so we want their input before they leave.

At our one-day events we usually give away plants. The MGs at the Living Desert (LD) project work days have seeded or transplanted many plants and the LD has generously given us many flats of plants each time for these events.

IT savvy Master Gardeners are sought to help with the development and maintenance of our public facing web site and the VMS Riverside Home Page. This is a great opportunity to share your skills and knowledge, while keeping your hands clean. ☺

If you have experience with web site software, you can earn volunteer hours putting those skills to good use.

This opportunity is available to both Trainees and Veterans who are willing to devote a few hours each month to post monthly updates. Expansion of the public facing could be addressed one or two short-term projects.

UCR Botanic Gardens

Contributed by Nancy Johnson

Board Recruitment

The Board is recruiting new members, as the by-laws allow for 12-18 members and there are currently just 12. Let Nancy Johnson know if you are interested in serving.

Infrastructure

- A major new bulletin board greets guests at the entrance
- Flushing port-a-potties with maintenance contract to accommodate increased traffic
- Large topo map of the Gardens at entrance

Docents

Recent docent training yielded 10 badly needed docents.

Membership Information

- Membership brochure is being revised
- Membership levels to be adjusted, with benefits of membership commensurate with the membership level.

Rosa's Report

Contributed by Rosa Olais

Registration for the 2017 UC Master Gardener Conference is set to open the week of April 3th. The conference is taking place in sunny Southern California at the Hyatt Regency Long Beach.

Conference features:

- 2 Keynote speakers
- Awards Banquet
- 58 breakout sessions with first-class speakers.
- 6 optional intensive sessions
- 5 optional tours
- Conference apparel
- Pre-order discounted publications
- Search for Excellence

Staffing

- Part-timer to be hired for garden specimen labeling project (replacing old/missing labels)
- Need for an event coordinator was discussed.

Plant Sale, April 1-2

- Now called **Garden Market** to reflect new format.
- Volunteers are still needed. (Contact Becky Levers)
- Master Gardeners Thurman Howard and Nancy Johnson to do programs at the sale.

Upcoming events

- April 1-2** – Garden Market (Plant Sale)
- April 22** – Friends Spring Outing (Oak Glen)
- May 21** – Primavera

- Photo contest
- Book signings
- Silent Auction
- MarketPlace

Some elements are still in the planning stages and will be posted online when ready. This is a unique opportunity for us to all come together, learn and be inspired from each and every counties' accomplishments. Conference registration and updates will be communicated to all volunteers starting Monday through the statewide blog, and direct emails using Constant Contact. Statewide office

Foods Low & High Acid

Contributed by GJ dePillis

A rewarding activity would be that of preserving the foods grown on your own land. Also, it is useful to support local farmers by arranging to buy a large amount of their harvest. If you agree to buy in bulk from local farmers, that improves relations with those living locally, and it gives you the opportunity to partake of fresh wholesome farm-fresh products bursting with flavor and nutrition.

But, you may gasp, if one purchases in bulk, won't that simply be a waste if one does not consume fresh produce in a matter of days?

Indeed, normally you would be correct. Fresh is always best, however you can maintain the wholesome freshly harvested food by "canning" it yourself. Most assume "canning" applies to fruits used in jams, however even meats can be canned.

The first thing to note is the pH balance of your food. Is it acidic or a strong alkali?

The pH food grid below shows the most commonly used foods, and is summarized from the 1977 Yearbook of Agriculture.

The term "pH" was first described by Danish biochemist Soren Peter Lauritz Sorensen in 1909.

pH is an abbreviation for "power of hydrogen" where "p" is short for the German word "potenz" which in English is power or potency or ability. The H is the element symbol for hydrogen. The H is capitalized because it is standard to capitalize the element symbols. The abbreviation also works in French, with "pouvoir hydrogen" translating as "the power of hydrogen".

Why should you care about the pH of a food? Well, let's take green beans, a low acid food. To kill toxins, boil them for about 10 minutes or follow the directions of the canning recipe. Remember that canning is NOT creative cooking. Follow the recipe exactly. That means use the exact proportions of sugar or salt to ensure any toxins are killed. Remember to cook it for the length of time the recipe indicates, adjusting for your altitude.

For more information about the pH balance of food, please see : Approximate pH of Food and Food Products U.S. Food and Drug Administration, Center for Food Safety and Applied Nutrition (13 pages long)

<http://www.foodscience.caes.uga.edu/extension/documents/FDAapproximatepHoffoodslacp-phs.pdf>

Strong Acid	High Acid		Low Acid	Neutral to Alkali
pH 3.0 to 4.0	pH 4.0 - 4.8	pH 4.6	pH 4.6 - 6.0	pH 6.0 - 7.0
Lemons, vinegar, pickles, apricots, rhubarb, apples, blackberries, gooseberries, plums, oranges, grapefruit, sour cherries, peaches, pineapple, kraut, raspberries, strawberries, blueberries, apricots, sweet cherries, pears.	Tomatoes, figs	The separator between high acid & low acid	Okra, squash, pumpkins, carrots, pimientos, turnips, cabbage, green peppers, beets, snap beans, sweet potatoes, white potatoes, spinach, asparagus, mustard greens, baked beans, red kidney beans, onions, most meats, lima beans.	Chicken, succotash (a mix of sweet corn with lima beans or other shell beans), peas, corn, oysters, mushrooms, clams. Crabmeat. And near the 7.0 mark: hominy, ripe olives, shrimp.

Janet's Jottings

Contributed by Janet Hartin

Congratulations to our new desert graduates and soon to be valley graduates as well! I thoroughly enjoyed getting to know many of you and am so impressed with your skills, passion, and knowledge. Thank you so much for all you are already doing to help create green spaces, food gardens, and a healthier lifestyle for residents of Riverside county.

Upcoming continuing education speakers from the RCRCD and EFNEP???? Say WHAT?

There sure are a lot of acronyms in UC ANR which UCCE and the MG, 4-H and EFNEP programs all play a very active role in! Did that string trip you up already? I know you know the first few abbreviations (University of California Division of Agriculture and Natural Resources which is the home of UC Cooperative Extension) but perhaps you are not as familiar with the last one, EFNEP, which is short for the Expanded Food and Nutrition Education Program.

What is EFNEP and what does it have to do with the Master Gardener program? EFNEP is a federally-funded program offered through the United States Department of Agriculture National Institute of Food and Agriculture (USDA NIFA). In California, EFNEP is administered solely by the University of California Cooperative Extension in 24 of California's 58 counties, including Riverside. Each year, the EFNEP in Riverside County helps hundreds of limited resource clients choose nutritional foods and improve their overall well-being. In Riverside County, EFNEP collaborates with elementary schools, Head Start, and other agencies serving young children to provide nutrition education to both parents and children free of charge.

How are Master Gardeners involved with EFNEP? CalFresh (previously known as the food stamp program) has been conducting a joint project Riverside County Master Gardeners to promote the community garden at Community Settlement Association in Riverside. Families in Eastside Riverside are learning about nutrition as well as gardening, and distributing the produce to low income families. The project supports Healthy Riverside County Initiative Eastside HEAL Zone. Learn more about this exciting topic on Thursday, May 11 from 6:30-8:30pm directly from UCCE Family and Consumer Science Advisor Dr. Chutima

Ganthavorn who will be presenting a talk to veteran MGs on 'Partnering Opportunities between UC CalFresh and Master Gardeners in School Gardens.'



And what about that last acronym, RCRCD? That stands for the Riverside-Corona Resource Conservation District, which is a local government agency that helps conserve soil, water, plants, and wildlife within western Riverside County. RCRCD staff provide technical advice to land users, provide educational programs for the community, and conduct conservation research. Learn more about what this great organization offers and how you as a MG can get involved on Thursday, April 27 from 11:30-1:30pm. Kerwin Russell, RCRCD's Natural Resources Manager will present a talk on "Habitat Restoration and Goals of the Riverside-Corona Resource Conservation District" at the Master Gardener Lunch and Learn.

Sign up for both in VMS!

Mission Statement

Master Gardener Volunteers are trained by the UCCE Advisors, Specialists and other qualified instructors to provide the gardeners of Riverside County with research-based information to promote environmentally responsible and sustainable horticultural practices. Activities of volunteers are solely educational - without inclusion of any purpose or intention of carrying on a business, trade, avocation or profession for profit.



University of California
Agriculture and Natural Resources

UCCE Master Gardener Program

UCCE Riverside County
21150 Box Springs Road, #202
Moreno Valley, CA 92557-8781
81077 Indio Blvd., Ste. H,
Indio, CA 92201



Customer Address Label

Riverside County Master Gardener Program

UCCE Riverside County Director Eta Takele
UCCE MG Program Director Janet Hartin
Volunteer Services Coordinator Rosa Olaiz

Advisory Board Members and Coordinators

Chair Eben Longfellow
Chair Elect Betty Balo
Fiscal Officer Karen Brandtman
Recording Secretary Jean Texera
Past Chair Dave Brandtman

Advisory Board Member Coordinators

Desert Area Committee Joan Kyle-Baerman
Grow Lab Coordinators Debbra Corbin-Euston
Newsletter Editor Dave Brandtman
Phone Squad Coordinator Nanci Nelson
School/Community Gardens Cindy Peterson
Speaker's Bureau Thurman Howard
Training Class Rep Katie Hughes
 Gary Westad
UCR Botanic Gardens Liaison Nancy Johnson
WMWD Landscape Garden Karen Fleisher
Gold Miner Committee Patti Bonawitz
Mentoring Program Becky Levers
Clothing Sale Coordinator Jean Wagner
Public Relations Sean Nealon
Social Programs Yolán Browning
Tours Sheila James

The Garden Views newsletter is published monthly, September through June, by UC Cooperative Extension, Riverside County, Master Gardeners. All reporters are Master Gardeners or Master Gardeners-in-training.

ANR NON-DISCRIMINATION POLICY

The University of California prohibits discrimination against or harassment of any person employed by or seeking employment application for membership, performance of service, application for service, or obligation for service in the uniformed services).

University policy also prohibits retaliation against any employee or person seeking employment for making a complaint of discrimination or harassment pursuant to this policy. This policy also prohibits retaliation against a person who assists someone with a complaint of discrimination or harassment, or participates in any manner in an investigation or resolution of a complaint of discrimination or harassment. Retaliation includes threats, intimidation, reprisals, and/or adverse actions related to employment.

The University is an affirmative action/equal opportunity employer. The University undertakes affirmative action to assure equal employment opportunity for minorities and women, for persons with disabilities, and for covered veterans (including veterans with disabilities, recently separated veterans, Vietnam era veterans, veterans who served on active duty in the U.S. Military, Ground, Naval or Air Service during a war or in a campaign or expedition for which a campaign badge has been authorized, or Armed Forces service medal veterans). University policy is intended to be consistent with the provisions of applicable State and Federal laws.

Inquiries regarding the University's equal employment opportunity policies may be directed to Linda Marie Manton, Affirmative Action Contact, University of California, Davis, Agriculture and Natural Resources, One Shields Avenue, Davis, CA 95616, (530) 752-0495. with the University on the basis of race, color, national origin, religion, sex, gender identity, pregnancy (which includes pregnancy, childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), genetic information (including family medical history), ancestry, marital status, age, sexual orientation, citizenship, or service in the uniformed services (as defined by the Uniformed Services Employment and Reemployment Rights Act of 1994: service in the uniformed services includes membership,