LEMONS & LIMES

These are the “year round citrus” that you can use on a daily basis, whether squeezed over salads and seafood/fish or used in desserts or in drinks. Plant them near to the kitchen, so that they are handy to pick and use at a moments notice, day or night. Do not plant more than one of each, is my suggestion.

Meyer Lemon is a great choice for a homeowner lemon. The tree is smaller, compact, heat tolerant and multi-trunked plus it recovers from frost and freeze well. This hybrid cross of orange and lemon produces a milder, less acidic fruit that is now finding greater favor with chefs, as it does not overpower whatever it is used with. [Year round]

Variegated Pink Eureka Lemon is the one if you want a more tart lemon. It is a very attractive tree with white and green leaves plus white and green striped fruit. The flesh has bits of light pink. The tree also keeps to a small size – 8 to 12 feet maximum, unlike the standard Eureka lemon that can easily get out of hand. [Year round]

Bearss Seedless Lime, aka Persian Lime or Tahitian Lime, is the common store lime. It is seedless, juicy with excellent flavor and somewhat cold hardy. [Year round]

Mexican Lime, aka the Bartender’s Lime or Key Lime, is the perfectly round small lime with seeds but also thorns. Not cold hardy. Look for the thornless variety. [Year round]

Tavares Limequat is a good lime substitute when cold/frost/freeze does not allow you to grow limes. Abundant, juicy fruit with few seeds often plus the rind is sweet and edible. Snip neck and squeeze. Attractive compact ornamental qualities [Year round]

ORANGES

Washington Navel Orange is the granddaddy of them all. No seeds, an easy peeler and flavorful. Another interesting new navel is Cara Cara Navel with pink fleshed fruit, perhaps sweeter than Washington navel, but the same in all other respects. [Dec.-April] Robertson Navel is an early navel by about a month found in Redlands in 1925 as a sport or mutation - smaller tree, big producer & just like Wash. Navel in fruit characteristics. [Nov.-April]

Lane Late Navel a spring-summer bearing navel orange. Much like Wash. Navel - no seeds, an easy peeler and flavorful. Also consider Barnfield, another late navel. [Feb.-June for both]

Valencia is the juice orange that does not peel easily and has seeds. However, there are two new seedless varieties, MidKnight and Delta. [March-Aug.]

Smith Red Valencia is a new variety with red fleshed fruit and very few seeds. [Jan.-May]

Blood Oranges – Tarocco is considered the most flavorful with hints of berries and Moro is the “bloodiest”, that is, has the deepest, darkest red color - can be almost purple. [Jan.-March]
CONTINUED FROM PAGE ONE

MANDARINS - TANGERINES
Seedless Kishu is a golf ball sized fruit that is sweet, without seeds and peels extremely easily. [Oct. to Jan.]
Gold Nugget is another wonderful fruit that is seedless and an easy peeler. It starts to bear in March and holds well on the tree until August. Its flavor is rich and sweet. [March to Aug.]
Tango is the seedless W. Murcott Aforier. Fruit is high quality, an easy peeler, seedless, juicy, sweet rich flavored - very attractive shiny deep orange skin color. [Late Jan. through April]

GRAPEFRUITS
Star Ruby Grapefruit, is the reddest fleshed one for lovers of red or pink fleshed grapefruit. [Feb.-Aug.]. Requires high heat to produce sweet fruit. Oroblanco, is really a hybrid cross of pommele and grapefruit, that is white fleshed, without seeds, very mild and sweet. Melogold is much like its sister, Oroblanco, but not quite as sweet. [Dec.-May]
“Cocktail Grapefruit” - it is not truly a grapefruit, but rather a cross between Frua mandarin and Siamese Sweet pummelo. This is truly a great fruit to juice.

KITAZAWA SEED COMPANY

By Beverly Scray, Master Gardener

Thanks to an article about watermelon radishes in the February issue of Sunset Magazine, we found a catalog specializing in Asian seeds that are traditional heirloom vegetables, not genetically modified seeds only open pollinated and hybrid seeds, and with varieties from Asian herbs, to stir-fry, to salads greens, and several more categories of seeds. Edibles that originated in China, Japan, Korea, and Vietnam are included. Descriptions are fascinating, thorough, and introduce us to a whole new set of edibles.

The most current catalog includes a note about consumer protection of its seeds as a routine policy by the U.S. Food and Drug Administration in conjunction with the U.S. Customs and Border Patrol using radiation detection equipment to screen imported food and products. Kitazawa Seed Company is celebrating its 95th year as a California based company. This company was a question in the game show JEOPARDY last year. The answer: The Kitazawa Seed Company can help you grow the green of the 4-syllable flower with edible as well as symbolic value in Japan. The Question: What is chrysanthemum?

You can get your free catalog three ways: Phone: 510-595-1188; fax: 510-595-1860; or visit their website: www.kitazawaseed.com.

MARCH TO DO LIST
By Beverley Scray, Master Gardener

Were you putting in hours in your garden during the wonderfully mild days of March? I was and really found it peaceful and enjoyable. April, according to the experts proves to be another very busy month for us Southern California gardeners — so enjoy your time tidying up by dividing, trimming, and pruning the permanent landscape; replacing and renewing areas of your garden with new plants.
Consider replacing some of your permanent landscape plants with drought-tolerant choices such as manzanita, arbutus, or ceanothus. The New Sunset Western Garden Book has many varieties of these plants thoroughly described with how to guides for planting.

Now is the time to plant flowering plants for summer. The roots will be well established and most of the following suggestions will withstand the heat of our area throughout the summer. Robert Smaus has a ton of suggestions in his 52 Weeks in the California Garden. Although the copyright date is more than a decade old, he describes the cottage garden look as something that doesn’t follow floral trends mostly because the origin of this style comes from simple folks who shared treasured seeds with their neighbors. Here are a few that can do very well in our area; hollyhocks, cup-and-saucer campanula, borage, foxglove, scabiosa, stock, and yarrow. Dahlias and clematis are included in Smaus’ book as well as in the New Sunset Western Garden Book. Both deciduous and evergreen clematis for our climatic zones are included. Dahlias can be grown from zone 1-24. Check this entry in the above mentioned Sunset book. Sunflowers are a hit with kids and with the large number of varieties, some can even be planted in pots.

As you veggie gardeners know, some can be grown year round even in our zone if pots are moved to shadier parts of the garden during our hot summers. New Zealand and Malabar spinach do great in our heat although I do move the former onto the patio during the heat of the summer. The Kitazawa Seed Co. lists many other types of Asian spinachs that can withstand hot summers. A great addition to the New Sunset Garden Book are the Warm Season and Cool Season Vegetable Charts for all zones with over a dozen veggies for both seasons.

Because everything in the garden is coming to life this month, fertilizing is also essential. Remember to water as needed, especially this spring since our rains have been so scarce.

It’s time to control slugs and snails. Let some of your herbs and veggies go to seed to attract beneficial insects, and hand weed as hand remove pests in the garden. A preventative measure is to plant in soil that is rich in humus, and beneficial fungi.
That’s a Good Question!
By Pauline Pedigo, MG

Not all questions received by the MG Hotline relate to gardening, sometimes we just get questions no one else can answer. Then it becomes a learning experience of a different kind.

QUESTION: “How do I get rid of 2 barn owls?” After calling 4 other agencies, she was referred to the MG Hotline as a last resort. The birds would actually swoop down, attacking her when she would go into the backyard which was very frightening. The adult dogs were not approached, however. She said that the 2 birds had been noticed about 3 weeks prior and were roosting on her home roof each night but were not there during the daytime. They were becoming a real nuisance and leaving quite a mess on the roof.

ANSWER: Although raptors (birds of prey), are usually secretive and choose to avoid human contact, they occasionally nest or roost in close association with humans. At such times, noise, property damage and aggressive behavior at nest sites can cause problems.

Perhaps they were in an attacking mood because they might have owlets nesting near by, or perhaps they were just being territorial, or they can be overly aggressive during the mating season, which can last 7 months. Did she have any neighbors who had the same problem? “No”. Did her backyard border on a field or open space piece of property? “No”. Did she have any small rodents on her property which would be prey for these owls? How about small kittens or other animals? “No”. Had she seen the owls flying in and out of local trees where they might have a nest? “No”. So it was a mystery to her why they would perch on her roof.

All hawks and owls are federally protected under the Migratory Bird Treaty Act (16 USC, 703-711). These laws strictly prohibit the capture, killing, or possession of hawks or owls without special permit. No permits are required to scare depredatory migrants birds except for endangered or threatened species, including bald and golden eagles.

In addition, most states have regulations regarding hawks and owls. Some species may be common in one state but may be on a state endangered species list in another. Consult your local USDA-APHIS-Wildlife Services, US Fish and Wildlife Service (USFWS), and/or state wildlife department representatives for permit requirements and information. After calling several state offices she was put in touch with the Riverside County supervisor of the “Wild Life Damage Management Office (619) 561-3752.

Asian Citrus Psyllid Information Training for Riverside Master Gardeners

On April 18th, Wednesday, Tom Shea will offer a one hour ACP (Asian Citrus Psyllid) and HLB (Huanglongbing) training course at the UCCE Extension Office from 10 to 11 am.

Most recently we have come to learn that the ACP is impacting Riverside County. Therefore, it is important that Master Gardeners be aware and informed so that they may better prepared to answer questions from the public, whether at the MG info tables or just neighbors with questions and concerns. Please notify Tom Shea if you plan to attend as space is limited. Tom’s phone number is 951-683-6491.

An Elementary Garden Idea
by Lynn Bailey, Master Gardener

Principles of garden design are good to review whether you are a Master Gardener in training or a veteran. Garden design websites are easy to find using Goggle and range from simple informational sites to designed sites for commercial needs. I recently visited one site www.therelandscape-design-site.com and found basic information and garden plans. On this website I read about the seven principles of landscape design. The seven include: 1) unity (which is achieved by consistency and repetition), 2) simplicity, 3) balance, 4) color, 5) transition, 6) line, and 7) proportion. These basic principles of design are interesting to review, but can you think of what is missing? The answer is elementary, dear reader-I would also like to add 8) mystery to the garden.

Adding mystery can be easy and low cost. It might be accomplished by adding an archway, path, or gate into your current yard or garden. An archway is nice because you can plant climbing roses on the sides or have a dramatic climber like wisteria that attracts attention. An archway encourages the visitor to walk over and check out what you see when you look through it. In similar style, a pathway that curves and goes off into another section of yard brings mystery when visitors wonder what is at the end. In this photo, you can see how a simple curved path, paired with a gate encourage, exploration. Viewing this from inside the house, visitors of all ages will wonder where this path leads. Wondering what to add to your garden this spring? Consider a little mystery!
Stephanie’s Corner

Where is the year going? I hope to see you at the UCRBG Spring Plant Sale, it is always a busy but fun and informative event. Come out March 31 or April 1.

Through the work of some very dedicated Master Gardener volunteers we now have an Advisory Board of nearly 20 members. Please think of sharing your talents and enthusiasm and either run for one of the elected positions: Incoming Chair, Fiscal Officer and Recording Secretary or volunteer to be one of the Coordinators or join one of the committees. Many of the Coordinators do the work of four or five individuals but it would be nice for them to get some help. If you do not want or have time to wear a big hat, then pick a couple of smaller ones and join the fun!!!

It just does not look like we’ll get enough rain this season, so use water wisely and remind others to do likewise. Make use all of the guidelines available to save water and if you live in fire-prone areas, clear out that defensible cushion between the open land and your home.

April comes with many events for continuing education hours and volunteer hours. Please contact the Master Gardener Gold Miner in your area (Corona/Norco-Cindy Peterson, Desert-Chris Lyman, Hemet-Diane Mathis-King, Lake Elsinore-Sheila Butler, Moreno Valley/Perris-Carol Haftter, Pass-Barbara Lauck), if you need information about an event in your area. You can always call me, 951-683-6491 ext. 230 or send me an email, sapocock@ucdavis.edu.

All active Master Gardeners should have completed and reported nearly all of their 25 annual volunteer hours by now. The end of our year comes up on June 30. Master Gardener Trainees have until two weeks before their graduation date to complete and report their initial 50 volunteer hours and get their official Master Gardener badge at graduation. Trainees have until October to complete and report those initial 50 volunteer hours if they just can’t get them completed and get their badge later.

Thank you all Master Gardeners and MG Trainees for all you give back to the County of Riverside, you truly are the best!
### MASTER GARDENER EVENTS CALENDAR

**V = Volunteer Hours**  
**CE = Continuing Education hours**

#### APRIL

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
<th>Type</th>
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<tbody>
<tr>
<td>1</td>
<td>Hemenway Drought Tolerant Garden Tour and Plant Sale</td>
<td>9:00 am - 5:00 pm</td>
<td>CE</td>
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<tr>
<td>1</td>
<td>Spring Plant Sale, UCR Botanic Gardens</td>
<td>9:00 am - 3:00 pm</td>
<td>CE</td>
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<tr>
<td>5</td>
<td>MG Trainee Class, WMWD - &quot;Insects in the Garden&quot; by Lucy Heyming</td>
<td>6:30 pm - 10:00 pm</td>
<td>V</td>
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<tr>
<td>7</td>
<td>3rd Annual Calimesa Community Garden Tomato and Pepper Sale, 909-206-3402</td>
<td>8:00 am - 2:00 pm</td>
<td>V</td>
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<tr>
<td>7</td>
<td>WMWD Garden Work Day to create a mulch demonstration</td>
<td>9:00 am - 12:00 pm</td>
<td>V</td>
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<tr>
<td>11</td>
<td>MG Advisory Board Meeting, UCCE Office</td>
<td>7:00 pm - 9:00 pm</td>
<td>V</td>
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<tr>
<td>12</td>
<td>MG Veterans Meeting, WMWD - Topic TBA</td>
<td>6:30 pm - 8:30 pm</td>
<td>CE</td>
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<tr>
<td>14</td>
<td>WMWD Garden Docent Day</td>
<td>10:00 am - 4:00 pm</td>
<td>V</td>
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<tr>
<td>14</td>
<td>WMWD Garden Workshop: &quot;Gardening for Wildlife&quot; by Jean Weiss</td>
<td>11:00 - 12 noon</td>
<td>CE</td>
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<tr>
<td>14</td>
<td>WMWD Garden Workshop: &quot;Blooms for Butterflies - Garden How-to&quot; by Ann Platzer</td>
<td>1:00 pm - 2:00 pm</td>
<td>CE</td>
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<tr>
<td>14</td>
<td>UCR Botanic Gardens, &quot;Keep our gardens beautiful&quot;</td>
<td>8:15 am - 11:30 am</td>
<td>V</td>
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<tr>
<td>14</td>
<td>Riverside Community Flower &amp; Garden Show and Tour, Contact Claudia @ 951-684-2240</td>
<td>10:00 am - 4:00 pm</td>
<td>V</td>
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<tr>
<td>15</td>
<td>Riverside Community Flower &amp; Garden Show and Tour, Contact Claudia @ 951-684-2240</td>
<td>10:00 am - 4:00 pm</td>
<td>V</td>
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<tr>
<td>19</td>
<td>MG Tour - Kallisto Greenhouses (House Plant), 9988 Redwood Ave., Fontana</td>
<td>1:00 pm - 3:00 pm</td>
<td>CE</td>
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<tr>
<td>19</td>
<td>American Iris Society National Convention, MG Information Table, Nuevo</td>
<td>8:45 am - 3:00 pm</td>
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<tr>
<td>19</td>
<td>MG Trainee Class, WMWD - &quot;Ornamental Plant Selection&quot; by Mike Henry</td>
<td>6:30 pm - 10:00 pm</td>
<td>CE</td>
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<tr>
<td>19</td>
<td>WMWD Earth Night, 450 E. Alessandro Blvd., Riverside</td>
<td>3:00 pm - 7:00 pm</td>
<td>V</td>
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<tr>
<td>19</td>
<td>The Oasis Garden Event, MG Information Table, Temecula</td>
<td>5:00 pm - 7:00 pm</td>
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<tr>
<td>20</td>
<td>American Iris Society National Convention, MG Information Table, Nuevo</td>
<td>8:45 am - 3:00 pm</td>
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<tr>
<td>21</td>
<td>American Iris Society National Convention, MG Information Table, Nuevo</td>
<td>8:45 am - 3:00 pm</td>
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<tr>
<td>21</td>
<td>Riverside County Regional Medical Center Spring Garden Tour</td>
<td>8:00 am - 12:00 noon</td>
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<tr>
<td>21</td>
<td>Heritage House Work Day, Riverside</td>
<td>9:00 am - 12:00 noon</td>
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<tr>
<td>21</td>
<td>Inland Empire Garden Friendly Sale, Home Depot Corona</td>
<td>9:00 am - 2:00 pm</td>
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<tr>
<td>21</td>
<td>Backyard Composting Workshop, City of Indian Wells Council Chambers</td>
<td>10:00 am - 12:00 noon</td>
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<tr>
<td>25</td>
<td>Santa Ana River Watershed-Implementing the Vision, MG Information Table, National Orange Show Center8:30 am - 4:00 pm</td>
<td>8:30 am - 4:00 pm</td>
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<tr>
<td>25</td>
<td>Heritage House Work Day, Riverside</td>
<td>9:00 am - 12:00 noon</td>
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<tr>
<td>26</td>
<td>Veterans Lunch 'n Learn Meeting. Bring your own lunch, WMWD</td>
<td>11:00 am - 1:00 pm</td>
<td>CE</td>
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<tr>
<td>28</td>
<td>WMWD Garden Docent Day</td>
<td>10:00 am - 4:00 pm</td>
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<tr>
<td>28</td>
<td>Home Depot Garden Friendly Plant Sale, Pigeon Pass Moreno Valley</td>
<td>8:00 am - 3:00 pm</td>
<td>V</td>
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<tr>
<td>28</td>
<td>Backyard Composting Workshop, Riverside, Stratton Center Bordwell Park</td>
<td>10:00 am - 12 noon</td>
<td>CE</td>
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#### MAY

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<tr>
<th>Date</th>
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<tbody>
<tr>
<td>3</td>
<td>MG Trainee Class, WMWD - &quot;Avocados/ Sub-tropicals&quot; by Tom Shea</td>
<td>6:30 pm - 10:00 PM</td>
<td>CE</td>
</tr>
<tr>
<td>5</td>
<td>MG Tour - Temecula Olive Oil Company, Aguanga</td>
<td>10:00 am - 11:30 pm</td>
<td>CE</td>
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<tr>
<td>9</td>
<td>MG Advisory Board Meeting, UCCE Office</td>
<td>7:00 pm - 9:00 pm</td>
<td>V</td>
</tr>
<tr>
<td>9</td>
<td>Heritage House Work Day, Riverside</td>
<td>9:00 am - 12 noon</td>
<td>V</td>
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</tbody>
</table>
Let’s capture those volunteer and continuing education hours and post them in VMS. For VMS, go to: https://ucanr.org/MG. It is important to those who fund our program to know what good things we are doing in community. We can improve our program as well when we know what works.

If you need assistance getting the hours posted on VMS contact Stephanie Pocock at 951-683-6491 ext 230.
Rich French Onion Soup
found in Taste of Home Magazine, January 2000
submitted by Lynn Bailey, Master Gardener

This easy soup takes 10 minutes of prep work and cooks for 5 hours.

Ingredients:

- 6 large onions, chopped
- 1/2 cup butter
- 6 cans (10-1/2 ounces each) condensed beef broth, undiluted
- 1-1/2 teaspoons Worcestershire sauce
- 3 bay leaves
- 10 slices French bread, toasted
- Shredded Parmesan and shredded part-skim mozzarella cheese

Directions:

In a large skillet, saute onions in butter until crisp-tender. Transfer to a 5-qt. slow cooker. Add the broth, Worcestershire sauce and bay leaves.

Cover and cook on low for 5-7 hours or until the onions are tender. Discard bay leaves.

Ladle soup into ovenproof bowls. Top each with a slice of toast; sprinkle with desired amount of cheese. Place bowls on a baking sheet. Broil for 2-3 minutes or until cheese is lightly golden. Yield: 10 servings.

Nutritional Facts:
1 serving (calculated without cheese) equals 296 calories, 11 g fat (6 g saturated fat), 25 mg cholesterol, 722 mg sodium, 41 g carbohydrate, 4 g fiber, 8 g protein.

MASTER GARDENERS GO ‘FACEBOOK’

The master gardeners now have a Facebook page. It can be found by searching in Google for “UCCE Master Gardeners of Riverside County” and “Facebook.”

Become a fan by “liking” the page and spread the word about it.

We will be posting stories and photos about our master gardeners, other master gardeners and about gardening in general.

If anyone has stories or pictures from our events they would like to submit for consideration on the page please send them to Sean Nealon, chair of the public affairs committee, at seannealon@gmail.com.
Past, Present, and Future at JMDC

By Jonathan Simper, Master Gardener

As a child I attended summer day-camp at the Jurupa Mountain Cultural Center and hunted for rocks and fossils with an egg carton to carry them in under giant colorful dinosaurs. When the opportunity arose in summer of 2010 I couldn’t resist taking over the Master Gardener project from Laurie Irwin along with the indispensable help of Karen Fleisher. We have accomplished much and seen some significant changes in the facilities since then. I have worked with our volunteers to improve the facilities at the Propagation House and expanded our offerings of plant material for sale. Karen has overseen the conclusion of testing at the All-Stars garden and its transition into the Master Gardener Water-wise demonstration garden. The Master Gardeners turned out in force for a Pelargonium propagation event to help the facility to generate new plants for sale at their nursery.

In the early winter, veteran MG Buck Hemenway leads a formal tour of the grounds at the peak of the desert blooms and provides additional information on specific specimens. This March we chose to take on an ambitious apple grafting project inspired by a presentation on local warm-season apples. I hope to expand this project in the future and use this as way to promote edible landscaping and unique varieties to the local community. In April the irises will be in full bloom as well as the extensive collection of Pelargoniums (scented Geraniums). The Spring Faire is held in May and will include sales of additional rare cacti and succulents and a judged competition of succulent container gardens. We will have a booth at this function and will be selling our plants to the public so I encourage everyone to sign up and attend as a salesperson and a customer.

The last two years have been witness to many developments at the site including a name change to Jurupa Mountain Discovery Center. A new director was named and is taking JMDC in ambitious directions. The board recently opened up the grounds to self-guided walking tours of the plantings including our demonstration garden and their mature collection of cacti and yuccas. Years of clutter are being removed, including two large metal storage containers immediately adjacent to our Propagation House. These have been a visual distraction from our area in the past as well as a liability for our plants and safety, with rodents and one very large snake making a home underneath. With the removal of these we have the opportunity for improvements to our facilities as well as possible expanded options for parking and unloading of supplies.

The staff on site has tried to make use of some of the plants we have propagated with mixed success. Employee hours have been cut back as grants came to an end. Most of the plantings are maintained by various volunteer organizations similar to ours. Master Gardeners are uniquely qualified to offer planting and maintenance advice for some of the areas that need more landscaping and improvement. We also could help to promote their nursery as a unique local source for plants that are especially suited to xeriscape and low water use installations. We have provided plants for sale through Granite Hills Garden Nursery in the past but often their turnover is not high enough. I think with a little creative promotion this could be the go-to location for knowledgeable homeowners and landscaping professionals in the area to purchase unique plant material grown for the local environment.

After finishing some agricultural classes from UCR Extension this year, I will need to be reducing my commitments to Jurupa as I look for some employment opportunities. My involvement with other MG projects at Grow Lab and WMWD means that sometimes I can just keep up with the basics at Jurupa. I would like to find some new blood interested in shaping the future of the site and making it their own. Experience with propagation at home would be nice but anyone with some curiosity and love of playing in the soil will be happy there. The site also lends itself to other visions and uses including educational opportunities for the public that build on the history of JMDC as an institution of community enrichment and learning.

I have plenty of ideas for JMDC but more importantly I want to hear what your ideas are and how much you can devote to the cause for the next generation of trainees and veterans. Looking forward to hearing from you!
The Five Generations of Gardeners—Exercise for All
By Pat Robertson, Master Gardener

To “garden” sometimes invokes thoughts like, “If I only had the time,” or, “If I only had the space,” or, “I’m too out-of-shape to weed and dig and all that stuff,” or, “If I were only 20 years younger and more flexible,” and, “If I were only 20 years older and more settled,” and, “Sustainable gardening is something I’ll do in the future, but in the meantime look at this cool app about virtual gardening on my smart phone.” I call all of these thoughts “The Five Generations of Gardeners” dilemma. Over the past decade, many articles have been written about the Five Generations in the workplace and what their needs are to achieve consistent optimum performance on the job: the “Traditionals,” born before 1945; the “Baby Boomers” born 1943-1965; the “Gen X’ers” born 1966-1978; the “Millenniums” born 1978-2000; and finally the “9/11 Generation” born in 2001 and later. http://www.forbes.com/sites/rawnshah/2011/04/20/working-with-five-generations-in-the-workplace/

The simple exercises below reach out to all the “Five Generations” who garden, or want to garden, or will garden someday, so they all can achieve optimum performance in the garden. All generations have the same body parts. We all want to avoid breaking, spraining, twisting, numbing, and tearing ourselves, especially after having a fine day in the garden. Enjoy.

http://gardening.about.com/od/allergiesarthritis/a/Garden_Fitness.htm


There are thousands of good sites to find ideas for gardening exercises!!!
**Veteran Classes:**

**Evenings:** 6:30 pm to 8:30 pm, WMWD  
April 12, 2012  Topic TBA  
Lunch n' Learn: 11:00 am to 1:00 pm, WMWD  
April 26, 2012  Topic TBA

**Trainee Classes:** 6:30 pm—10:00 pm, WMWD  
April 5, 2012  Insects in the Garden  
April 19, 2012  Ornamental Plant Selection  
May 3, 2012  Avocados / Subtropicals  
May 17, 2012  Weed Control  

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**University of California and U.S. Department of Agriculture Cooperating.**

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