

Garden Views

Riverside County Master Gardener Newsletter

University of California
Agriculture and Natural Resources



UCCE Master Gardener Program

September/
October
2021

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

UC Master Gardener Program Mission Statement

The purpose of the UC Master Gardener Program is to extend to the public research-based information verified by UC experts about home horticulture, pest management, and sustainable landscape.

UCANR Nondiscrimination Policy

The University of California Division of Agriculture & Natural Resources (UCANR) is an equal opportunity provider. (Complete nondiscrimination policy statement can be found at <http://ucanr.edu/sites/anrstaff/files/215244.pdf>) Inquiries regarding ANR's nondiscrimination policies may be directed to UCANR, Affirmative Action Compliance Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1343. April 2021

Llamas and Goats and Sheep, Oh My!



See "A High Desert Garden," page 2.

***Garden Views* is published bi-monthly by
Riverside County Master Gardener. In this issue:**

- **Marcia Stone shares MG tour of Melissa Bacall's Yucca Valley home, page 2**
- **UCCE Plant Sale Oct. 16, page 3**
- **Behind the Scenes MG, Marilyn Howard, by Jolene Hancock, page 4**
- **New Advisory Boards, WCAB, DAB, EAB, page 5**
- **County Teacher of the Year and MGs. by Brad Hardison, page 7**
- **Tale of Two Succulents, by Amy Clayton, page 9**
- **Surprising Survivor: Emory's Indigo Bush, by Mary Ann Egan, page 10**
- **Editor's Note, by Georgia Renne, page 11**
- **Janet's Jottings on the benefits of gardening, page 12**
- **Thank you MGs volunteering at Farmers Markets and "Ask a Master Gardener" tables, page 13**
- **Back Page, WCAB and DAB listing, page 14**

A High Desert Garden

Contributed by Marcia Stone, UCCE Master Gardener



Melissa Bacall's Garden and Farmland

In May, many adventurous Riverside Master Gardeners did not hesitate to sign up on VMS to tour a garden and farmyard located in Yucca Valley. Visiting Master Gardener Melissa Bacall's Garden and Farmyard is a telling enterprise. It doesn't take but a minute to learn where this Master Gardener's heart lies. She loves plants. She loves trees. She loves gardening, and she loves animals.

Upon arrival there is much to take in visually. A Mimosa Tree in bloom with its silky pink flowers and feathery foliage captured my attention along with a gnarly, thirty-five-year-old Wisteria Vine that has moved with Melissa three times, starting in LA and now residing in Yucca Valley. Melissa noted that should she ever move from Yucca Valley, the Wisteria Vine would surely accompany her. I wanted to ask Melissa how she could think of moving that Wisteria Vine as a nesting Dove appeared to be quite pleased with this vine and arbor being right where it was. We also heard of roses that were moved 13 years ago from her more formal LA garden. Plants are part of Melissa's family.

Melissa clearly stated, "Love trees! Have always loved trees." Deciduous trees are placed strategically near the house for shade in the summer and to allow light to enter in the winter. The Desert Willows and Palo Verdes are pruned

and shaped to her liking. Pomegranate trees feature showy red blooms and developing fruit. A Texas Olive, with its clusters of ivory flowers, quietly resides at the end of the house, just waiting to be noticed.



Mimosa Tree

Pomegranate



Texas Olive

The garden walk-about allowed us to learn of an appreciation and awareness of habitat, the special relationship that exists between Desert Flora and Fauna. For example, a huge Spanish Bayonet has purposefully been allowed to flourish without pruning so that Spiny Toads and Mohave Green Rattlesnakes can find shelter in its nooks, and crannies. Melissa is quick to point out that the Mohave Green is to be respected as it is highly venomous. We learned that blooms of the Spanish Bayonet if left on the mother plant in time will become branches. Often gardening does require patience and care. Melissa's garden demonstrates her patience and care.

It rained while walking the garden, and the smell of the desert when it rains filled my senses. Often when I approach a creosote bush, I will cup my hands around a creosote tip, exhale and breathe in the wondrous aroma. Gary Nabhan, desert author, describes this aroma as "the desert when it rains." Native creosote treated us to this treasured scent as the rain hit its small, resinous

Garden Views

leaves. Creosotes dot the property, along with Joshua Trees, White Ratany, and Cholla. Desert natives have also been planted, including Apricot Mallow and my favorite, Chapparral Sage.

So much more in this garden to share but let us move into the farmyard where we will be greeted by llamas of all colors and sizes, many of which have been rescued. The Llama is a social animal with soft fur and is comfortable approaching people. Llamas can spit at each other if provoked but seldom at people. They can become certified therapy animals. According to the Mayo clinic llama-assisted therapy can reduce pain, anxiety, depression, and fatigue. Teddy Bear Sheep and goats contribute to this peaceable kingdom. Visiting the farmyard, patting llamas, feeding the Teddy Bear sheep and putting a goat into a trance-like state with a massage create a peaceful, enjoyable and therapeutic experience.



UCCE Riverside County Master Gardeners

PLANT SALES

**Saturday, October 16th, 2021
10:00 am to 1:00 pm**

**We will have a large selection of
Flowers, Herbs, and Vegetables
grown by Master Gardeners
without any pesticides or
herbicides.**

**We accept CASH or checks made
payable to:
UC Regents**

**Location:
Master Gardeners Grow Lab
3555 Crowell Ave, Riverside
Enter from the dirt road off Diana Ave.**

**Contact us or email questions to:
jkwarn6@verizon.net**



Marcia Stone, llama Cesar Lopez Barreras and Dan Fast, Goat



Patty Reed, Teddy Bear Sheep

Thank you, Melissa Bacall, for sharing your gardens, love of trees, plants, habitat, and animals with your many Riverside Master Gardener friends for a desert adventure.

**It's Just the Way She Is!
Behind-the-Scene MGs**

Contributed by Jolene Hancock, UCCE Master Gardener



Marilyn Howard Making Floral Arrangements

“What is your passion?” That was a loaded question because the more I spoke with Marilyn Howard, Gold Badge holder, the more I realized and appreciated her value of sharing, learning, stretching, working, and teaching while still maintaining a sense of patience and quiet kindness. She is a generous person with a diverse realm of talents and experience.

Born in New Mexico, with her father in the Air Force, their family of three girls didn't stay put for too long anywhere. She started college in Southern California at UC Northridge, where she earned her bachelor's degree in Business Administration. Following that, Marilyn attended Pepperdine where she earned her master's degree in Public Communications. While working on her master's degree she worked for the LAPD for 10 years. One would think that might be enough schooling, but no, Marilyn also attended Cal Poly where she received her teaching credential in Business Education.

Marilyn taught Computer Applications in middle school for 22 years in the Rialto Unified School District. She says, “That's why I'm so crazy.” It also explains why she is the “go to” for everyone's technical support.

After Marilyn and Thurman moved to Yucaipa in 2013, the Howards were looking for something to do together. They were both accepted into the Master Gardener Program, graduating from the

Desert Class of 2015. She brought with her many talents, experiences, and education which has truly enhanced the MG Program. She would prove to be a very valuable asset working with the Speakers' Bureau, Gold Miners, Special Events and Community Gardens.



Marilyn lives on a ½ acre in the unincorporated near Cherry Valley. She and her husband, Thurman, harvest their own water and re-landscaped their front yard with a natural stream, hardscape, and water efficient plants. They have fruit trees, raised garden beds, rose bushes, a Butterfly Garden, and a Fairy Garden.



Marilyn has many talents and hobbies. She is a member of a Quilting Guild and spends time making quilts for Veterans and members of her community. She enjoys sewing, research, propagating seeds for donating to many community gardens, and of course teaching.

Marilyn said, "I am people orientated, I love teaching, especially in a one-on-one basis." Marilyn has also loved gardening saying it's her most pleasant pastime. Marilyn enjoys volunteering in Beaumont with Head Start and WIC. She aspires to be even more involved soon. Although she's retired from teaching, it is a gift she continues to offer and share with all.

While Marilyn has been busy planning and preparing for the Lavender Festival, So-Cal Fair, and the Riverside Home and Garden Show, she has become deeply passionate about community gardens, so much that she is working with the CEO of the Lavender Festival and a San Bernardino Master Gardener in creating a Native Garden at the Lavender Farm in Cherry Valley. What a huge undertaking, but it does not surprise me because she loves people, gardening, and feels a responsibility to her community. When I asked her why? She simply replied, "I've been given a lot, and I have a good life. It's just the way I am, and it's time to give back."

Although Marilyn prefers to be behind the scenes, we can't help but recognize her beautiful displays for our largest events. All year round she is planning, planting, and creating some of the most beautiful LIVING displays you'll ever see! She tries to create eye catching, conversation pieces to provide a warm, inviting atmosphere for the public. She's worked ever so hard and has beautifully mastered this concept without seeking recognition for any of her hard work.

She is an inspiration to all she knows. If you haven't had a chance to work with Marilyn, you are in for treat. View and enjoy photos of her award-winning displays!



Who Are Our New Advisory Board Officers?

What Are WCAB, DAB, and EAB?

Contributed by Georgia Renne, Editor

Four new officers were elected to serve on the MG advisory boards for the 2021-2022 fiscal year beginning July 1. Amy Clayton and Jim Thompson are the new Chairs Elect respectively for West County Advisory Board (WCAB) and Desert Advisory Board (DAB). Jon Crook is the new Treasurer for West County. Jim Huberty is the new Treasurer for the Desert also serving as the Fiscal Officer for the Executive Advisory Board (EAB). The WCAB and DAB preside over new training classes, projects, events, fund raising and social gatherings.

The following officers for the two area advisory boards are elected annually by volunteers within their areas: Past Chair (originally elected as Chair Elect), Chair (originally elected as Chair Elect), Chair Elect, Secretary, and Treasurer. Both advisory boards of elected officers and Project Coordinators meet monthly, information is posted on VMS calendars, and are open to all Master Gardeners. All members of the WCAB and DAB are listed on the last page of this newsletter.

Amy Clayton, WCAB Chair Elect



In the spring of 2019, I met Thurman Howard at a 'Grow Perris' meeting held at my school. Jean Olivas, our Avalon Garden Coordinator, and I (her assistant) were able to showcase our keyhole planters that we created

over three years with various grants as well as support from the City of Perris and Val Verde USD. It intrigued me that there was a group of people ready to assist our students. I had grown up with cooperative extension canning and freezing booklets in our kitchen but had not heard of Master Gardeners. Thurman told me there was a class being formed for the fall, so I called the MG office, and Rosa signed me up for the interview.

And here I am. I credit Riverside County UCCE Master Gardeners with helping me through the quarantine. I love the continuing education opportunities. The passionate and involved people I worked with and learned from broadened my world even as I was stuck at home.

Last year I mentored with the 2020-2021 training class, was secretary for the WEL Committee, participated in 'Rooted,' worked with the propagation project, helped with the Remote Helpline, enjoyed several small groups, and attended the book group. I am learning about 'Goldmining' in Moreno Valley as I try to build bridges between us and our city's demonstration garden. And I made a garden journal, a hummingbird swing, and a succulent wreath!

I envision Master Gardeners in West County emerging from our quarantine cocoon and changing in the variety of ways so we can communicate and be more involved in the pressing social issues of our communities and issues at the intersection of environment and food sufficiency. We are facing a drought of unimagined proportions. I believe that we Master Gardeners are well positioned to work with others and build resilience in all our diverse communities through our mission of sharing research-based methods of wise resource use in gardens.

I look forward to serving.

Jim Thompson, DAB Chair Elect



Jim Thompson, the 2021-22 DAB Chair-Elect, is most definitely a good egg. Jim relocated to the Coachella Valley in 2016 and, like so many of our desert transplants, realized his coastal experience didn't quite fit his new desert home. So, he and

his husband began their quest to learn more about helping plants thrive, not just survive, in a

desert environment and climate. In the process, they sat through many MG Speakers Bureau presentations, visited numerous Ask the Master Gardener tables, attended the inaugural Desert Home Gardening Class, and then enrolled in the Desert MG training class becoming Master Gardeners in May 2019.

In the process, Jim leveraged his professional experience in visual communication to help create the Master Gardeners' Blue-Ribbon display at the annual Date Festival and County Fair, establishing a well-earned reputation as a get-it-done kinda guy. Since then, Jim's passion and goal are educating the public on sustainable landscaping and growing food in home, school, and community gardens, and, in the process, increasing public awareness of the MG Program. Now, due to COVID-19, his objective is helping the DAB chart a path forward for in-person and virtual Master Gardener programming.

After all, Master Gardeners want to have confidence that their needs, including volunteer hours and continuing education opportunities, will be met. His DAB tenure will focus on helping ensure the Desert Area Master Gardener Program continues to be a wonderful place to volunteer, learn, and provide gardeners with research-based information and environmentally responsible and sustainable horticultural practices.



Jon Crook, WCAB Treasurer

I am a product of the 2019-20 MG class. I live in upper Aguanga at about 4,000 ft. on 2.5 acres. I

experienced everything that can go wrong in a small garden and orchard in addition to trying to get things established in hard, decomposed granite. I have enjoyed gardening my whole life. When I was 9, I grew string beans and sold them to neighbors. I then attempted to propagate a branch of a Christmas tree. I put it into a hole, filled it in, and watered. It didn't make it.

As the new Treasurer for WCAB, I hope to excel and work closely with the Fiscal Officer who is also the DAB Treasurer. I hope to stay in this position for many years, as we have not had continuity over the past few years. I would also like to plan a fun fundraising and highly educational event called, THE TOMATO PALUSA. Some of the activities would be tasting various tomatoes, selling a variety of tomatoes, a tomato, fresh basil, and mozzarella cheese dish with a special sauce, offering a caprese sandwich made with a ciabatta bun, giving lectures on tomato growing, and making your own Bloody Marys. Vendors could sell and discuss garden items.

As a MG I have been able to do what I enjoy, talking to folks about gardening. I look forward to seeing you all again as things open up.

Jim Huberty, DAB Treasurer, EAB Fiscal Officer



Jim Huberty is a First Year Master Gardener who has a passion for the environment and for community service. Jim is retired but has a depth of experience in community service, management, diversity leadership, and board

participation. He is excited to bring his strategic thinking, diversity and inclusion perspective plus financial acumen to his role as Desert Treasurer and Fiscal Officer.

The Executive Advisory Board (EAB) consists of the Volunteer Services Coordinator, Past Chair from each area, Chair from each area, Chair-Elect from each area, Recording Secretary, and Fiscal Officer. Executive Board members serve in their elected positions for a one-year term, with two exceptions; the Recording Secretary and Fiscal

Officer serve three-year terms. The Executive Advisory Board proposes, votes on, and makes recommendations to the Volunteer Services Coordinator regarding program goals and policies for the Riverside County MGP such as budget, new projects, and coordination of countywide initiatives. The EAB meets quarterly.

Middle School Teacher in Palm Springs Named Teacher of the Year

Contributed by Brad Hardison, UCCE Master Gardener



Nichi Avina

Riverside County Superintendent of Schools, Dr. Edwin Gomez, named Kathleen Magana and Nichi Avina as the first two 2022 Riverside County Teachers of the Year.

“With 430,000 students in 515 schools and 23 school districts, there are thousands of teachers who are faithfully serving our students every day, and we are proud to highlight Ms. Magana and Ms. Avina with this award,” said Riverside County Superintendent of Schools, Dr. Edwin Gomez.

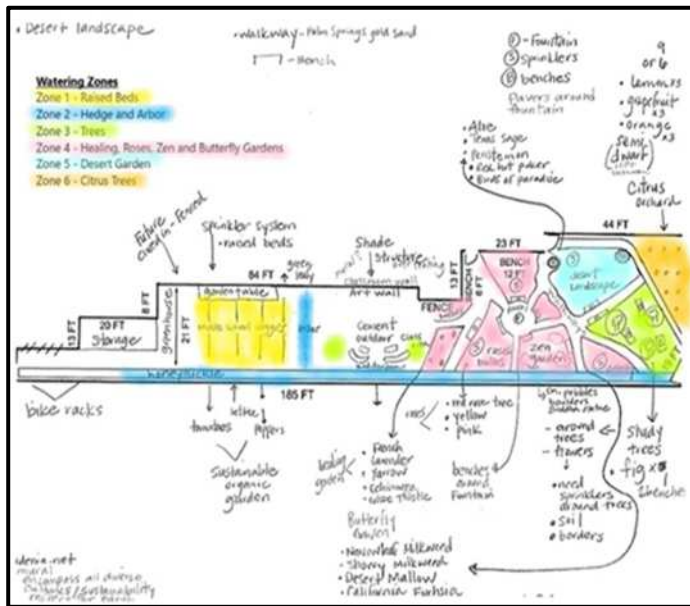
Nichi is known by the **Master Gardener** community for her work in developing a school garden at Cielo Vista Charter School in Palm

Garden Views

September/October 2021

Springs. Master Gardeners, Brad Hardison and Carolyn Daniels began meeting with the garden committee, organized by Ms. Avina, in August of 2018 to provide assistance and consultation. There had been previous attempts to have a garden, but Ms. Avina, dedicated teachers, students and administrators had a new long-term vision for the garden. After many discussions, a plan was created that incorporated native plants, citrus, roses and raised beds as well as an outdoor classroom.

Of course, the dedication and support of the entire Cielo Vista Community was necessary for the completion of the garden in September 2019.



Ms. Avina saw the potential of the garden as an outdoor classroom and invited Master Gardeners like Brad Hardison, Burt Boss and Peggy Bakke to come into the garden and teach students gardening lessons. Those lessons included planting their raised beds, citrus and rose care, and composting. She organized students in the after-school program to help maintain the garden under the direction of a Master Gardener.

Grading began to create the garden in March 2019. Something that would not have happened without the leadership of Ms. Avina, a middle school science teacher. She was instrumental in researching and writing grants to provide funding for the garden.



She was recognized as a 2022 Riverside County Teacher of the Year for various roles besides the school garden. She spearheaded district-wide

Garden Views

trauma-informed training, created a STEAM Lab, established an art mentoring program, and received multiple EcoRise environmental grants.

Nichi Avina arrived in the United States from the Philippines at the age of 7 and lived the experience of many first-generation immigrant families. She graduated from college in 1998, but when her brother died tragically in 2001, she returned to school to earn her credential serving as a public-school teacher for 15 years. Nichi earned her bachelor's degree in biology and her master's degree in education from the University of California, San Diego.

The garden at Cielo Vista Charter School exemplifies the best aspects of a school garden. It has been a wonderful collaboration with the Master Gardener Program of Riverside County.



A Tale of Two Succulents!

Contributed by Amy Clayton, UCCE Master Gardener



A Tale of Two Succulents

September/October 2021

At last! A dinner with friends! My friend brought two succulent cuttings from her LA garden to share with us, Burro's Tail (*Sedum morganianum*) and Bear's Paw (*Cotyledon tomentosa*). I had to do some digging to discover how best to care for my new plants.

Burro's Tail is a sedum hailing from tropical southern Mexico and Honduras. It grows blue-green trailing stems up to 2 feet long with teardrop shaped fleshy leaves. In summer, if it blooms, there will be clusters of star-like reddish purple flowers at the end of the tails. Obviously, I will need to find a home for it in a hanging planter. It does not like temperatures under 40 degrees Fahrenheit and does not do well in high temperatures. It loves morning sun, water when soil is completely dry, and low humidity. It does not require misting. If it receives too much sun the leaves will produce a protective wax that will dull their color.



Burro's Tail (*Sedum morganianum*)

Bear's Paw is a cotyledon native to a semidesert area of South Africa. Its leaves look like a bear's paw with tiny red dots on the end where claws should be. It is a fuzzy plant with bell-shaped flowers that range in color from light yellow to orangish-red. It is toxic to animals if eaten so mine will be in a pot off the ground. It also does not like temperatures under 40 degrees Fahrenheit but can withstand higher temperatures than my Burro's Tail. It wants sun for 6 hours a day, water when its soil is dry, and low humidity.



Bear's Paw (*Cotyledon tomentosa*)

Both plants require well-draining soil, so their roots do not rot. It seems like these 2 plants have similar requirements so why not plant them together? Their shapes and colors would complement each other, and I'm sure they would feel more comfortable being together in their new Inland Empire home. Unfortunately, their dormant periods are at different times of the year. So, when I should be lovingly allowing my Burro's Tail to sleep during the winter I should be feeding and watering my Bear's Paw. Reverse it during summer when Bear's Paw is dormant, and Burro's Tail is actively growing. I wonder if their origins being from different hemispheres has anything to do with this.

I have the perfect planters in mind for each of them, not too big and not too small. My well-draining soil mix is ready so I'm off to repot them and welcome them to their new home. By the way, my friend went home with an agave and 3 bladderpods!

A Surprising Survivor: Emory's Indigo Bush

Contributed by Mary Ann Egan, UCCE Master Gardener

The most unobtrusive desert plant can have surprising qualities. Emory's indigo bush, a Coachella Valley native, is one of these plants.

As spring turns to summer, many native plants fade to a nondescript appearance after putting on

vibrant show of color. Brittle bush (*Encelia farinosa*) is one example. A profusion of blooms held high on stalks above the foliage put on a brilliant show of yellow on desert hills in years when rains are sufficient. Then, as the dry season approaches, the blooms fade, the plant goes drought deciduous, and the plant drops its gray-green leaves, leaving little more than a skeleton of brittle branches.



Brittle Bush (*Encelia farinosa*)

Emory's indigo bush (*Psoralethamnus emoryi*) does not put on a similar springtime show. This 2-3-foot-high perennial shrub remains virtually unchanged and unremarkable all year long. The shrub's intricate, dense branches with small hairy leaves form a mound of grayish-white vegetation in the desert sand, making the plant look as almost as dry as the drought-deciduous brittle bushes.



Emory's Indigo Bush (*Psoralethamnus emoryi*)

This modest indigo bush is a true survivor. It is a member of the Fabaceae or legume family and, as such, has the ability to fix nitrogen; its hairy grey-white leaves help reflect the harsh desert sunlight. The small unobtrusive purple-blue flowers this indigo bush puts on in the late spring to early summer are not particularly showy or eye-catching.



Mojave Indigo Bush (*Psorothamnus arborescens*)

Resources: *Temalpakh, Cahuilla Indian knowledge and usage of plants*, Lowell Bean and Katherine Saubel, published by the Malki Museum Press; *Sonoran Desert Naturalist, Field Guide*.



Emory's Indigo Bush (*Psorothamnus emoryi*) in bloom!

But it is these unobtrusive flowers that hold the surprise. Rubbing one of these flowers in the palm of your hand will produce a vivid saffron colored stain. The branches which hold the flowers have an herbaceous, orange-like smell when crushed. The local Cahuilla Indians used Emory's indigo bush as a medicine and as a dye to ornament their baskets. The saffron color comes from dye emitting glands on the calyx, giving the plant one of its common names of "dyebush."

Even though it is another native indigo bush, the Mojave indigo bush (*Psorothamnus arborescens*) which showcases the spring-time glory of the indigo bush that people notice here in the Coachella Valley, the modest Emory's indigo bush is worth a closer look.

Editor's Note



Thank you all for your patience in receiving *Garden Views* and best wishes for my recovery from a broken shoulder and replacement surgery.

As an old English teacher, I am pleased to be taking on this new MG assignment as editor. Many thanks to Ron Jemmerson and Dave Brandtman for their advice and great work before me. I look forward to receiving many articles sharing your garden stories, adventures, successes, challenges, and even failures. Please save your photos of your summer veggie harvests and fall plantings for winter gardens for future *Garden Views*. Visits to area gardens and photos are great fodder for new articles. The blooming of your favorite plant or pesky insect can be the beginning of a great article. Here's my current favorite succulent in bloom, *Crassula falcutta*, Propeller Plant, growing in my patio.



Georgia Renne

grenne@earthlink.net

Janet's Jottings

Benefits of Human/Horticulture Interactions

Janet Hartin



"To forget how to dig the earth and to tend the soil is to forget ourselves."

Mohandas K. Gandhi,
World leader,
political ethicist,
lawyer

"Everything that slows us down and forces patience, everything that sets us back into the slow circles of nature, is a help. Gardening is an instrument of grace." May Sarton, Poet

"May our heart's garden of awakening bloom with hundreds of flowers." Thich Nhat Hanh, global spiritual leader and activist

"If you have a garden and a library, you have everything you need." Marcus Tullius Cicero, Roman philosopher

The importance of encouraging our children in outdoor work with living plants is now recognized. It benefits the health, broadens the education, and gives a valuable training in industry and thrift. The great garden movement is sweeping over all America, and our present problem is to direct it and make it most profitable to the children in our schools and homes. Van Evrie Kilpatrick, **1918**, in [The Child's Food Garden](#)

As the above quotes so beautifully proclaim, interacting with nature, whether passively (viewing plants) or actively (gardening, etc.) offers many positive benefits. In fact, the link between horticulture and health and well-being has been scientifically documented for centuries. In 1812, psychiatrist, professor, and Declaration of Independence signer Dr. Benjamin Rush reported that patients participating in gardening activities had better mental health outcomes than

non-gardening counterparts. Many additional papers were published throughout the 1800's documenting benefits of active participation in gardening.

More recently, positive links between simply viewing plants through a window or even on a television, movie, or exercise apparatus screen have been reported in peer-review journals. A groundbreaking study in this area was published in 1984 by environmental psychologist Robert Ulrich (Ulrich, 1984) who compared post-operative patients recovering from gall bladder surgery who had views of landscape plants to recovering patients who had the same surgery in the same facility with views of a brick wall. Patients with landscape views had fewer surgical complications, shorter hospital stays, required fewer analgesics, had better moods, and even fewer derogatory remarks by medical staff in their daily records.

Since 1984, dozens of other studies have documented similar positive outcomes resulting from both passive and active engagement with nature and plants. These include improved physical, mental and emotional health; environmental benefits; and community and societal benefits. Recent literature reviews that summarize these findings include:

- An overview of 77 peer-reviewed journal articles (Howarth, et. al., 2020) identified 35 positive outcomes linking physical and mental health and well-being to active and passive horticultural interactions. doi: <https://10.1136/bmjopen-2020-036923>
- A meta-analysis (Soga, 2016) of 22 studies identified several positive mental health outcomes related to gardening including mood, group cohesiveness, cooperation, pride, well-being, and more. <https://doi.org/10.1016/j.pmedr.2016.11.007>
- An overview of 45 peer-review studies (Shepley, et. al., 2019) identified links between properly designed and maintained urban green spaces and crime, gun violence,

and the overall safety and cohesiveness of low-wealth urban neighborhoods.

<https://doi.org/10.3390/ijerph16245119>

- A review of 120 papers (Crus-Piedrahita, et. al., 2020) reported public health benefits from urban horticulture activities in the global North. Thirty-two papers had a specific focus on social cohesion and /or social capital.

<https://doi:10.1016/j.glt.2020.10.001>

- Alizadeh (2019) synthesized research regarding the environmental benefits of urban plants, highlighting their vital roles in combating climate change, cooling urban heat islands, providing habitat, removing air and water pollutants, enhancing soil health, and more.

<https://www.researchgate.net/deref/https%3A%2F%2Fdoi.org%2F10.1108%2FIJCC-SM-10-2017-0179>

As always, thank you for all you do to help those you serve grow food in home, school, and community gardens and landscape more sustainably! Congratulations to the class of 2020-2021!

(See full coverage of the MG Graduation Class in next *Garden Views*.)



Thank You All Master Gardeners Who Volunteer at Information Tables!

Farmers Markets Riverside County

- Canyon Lake Farmers Market
- Corona Farmers Market
- La Quinta Farmers Market
- Moreno Valley Farmers Market
- Moreno Valley University Health System Medical Center Farmers Market
- Murrieta Farmers Market
- Palm Desert Farmers Market
- Palm Springs Farmers Market
- Riverside Downtown Farmers Market
- Temecula Promenade Farmers Market
- Vail Ranch Farmers Market

“Ask a Master Gardener” Information Tables

- City of Menifee Clean Air Day
- City of Perris Cruise ‘N Care Event
- Corona Heritage Park Antique Fair
- Home Depot Home Improvement Center Moreno Valley
- Inland Empire Science Festival
- Jurupa Valley Mountain Discovery Center
- La Sierra Park National Night Out
- Lavender Walk
- Lowe’s Home Improvement Center Lake Elsinore
- Lowe’s Home Improvement Center Temecula
- RCRCD Information Table
- Riverside Home and Backyard Show
- Soboba Tribe Earth Day

| Riverside County UC Master Gardeners | | | |
|---|-------------------|-----------------------------------|---------------------------------------|
| UCCE Riverside County Director | | Stephanie Barrett | |
| UCCE Riverside MG Program Director | | Janet Hartin | |
| Volunteer Services Coordinator | | Rosa Olaiz | |
| West County Advisory Board | | Desert Advisory Board | |
| Chair | Darrilyn Erickson | Chair | Smoky Zeidel |
| Chair Elect | Amy Clayton | Chair Elect | Jim Thompson |
| Past Chair | Georgia Renne | Past Chair | Marcia Stone |
| Secretary | Judi Newby | Secretary | Cesar Lopez Barreras |
| Treasurer | Jonathan Crook | Treasurer | Jim Huberty |
| Fiscal Officer | Jim Huberty | Fiscal Officer | Jim Huberty |
| Community Gardens | Thurman Howard | Class Coordinator (County) | Melody Knox |
| Diverse Community Projects | Thurman Howard | Class Coordinator (Desert) | |
| Equipment & Inventory | Debbie Leuer | Coachella Valley Preserve Docents | Marcia Stone |
| Gold Miners | Thurman Howard | Coachella Valley Rescue Mission | Carolyn Daniels, Cesar Lopez Barreras |
| Grow Lab | Kathy Warner | Continuing Education | Carolyn Daniels |
| Help Line | Susan Bookman | CREATE/Gardening Blind | Barbara Kay Levine |
| Home Gardening Class | Linda Powell | Events | Rita Kraus |
| IT/Website (Countywide) | | Farmers Markets | Gail Nottberg |
| Mentoring Program | Alba Good | Helpline | Ralph and Jim Thompson |
| Membership | Karen Fleisher | Home Gardening Class | Linda Borlaug |
| MG Logo Merchandise | Jennifer Hopper | Information Technology Team | |
| Newsletter | Georgia Renne | Job Descriptions | Patty Reed, Marcia Stone |
| Parliamentarian | Dave Brandtman | Member Engagement | Marsha MacNamara |
| Parliamentarian | Cindy Peterson | Membership | Cynthia Morris-Sotelo |
| Public Relations eBlast | Susan Cline | Mentor Program | David and Joe Dean |
| Public Relations Social Media | Pam Clarke | Moorten's Gardens Docents | Smoky Zeidel |
| Rooted | Patti Bonawitz | New Projects | Carolyn Daniels |
| School Gardens | Kim Coons-Leonard | Propagation | Barbara Kay-Levin |
| School Gardens | Chris Curtis | Publicity eBlast | Barbara Kay Levine |
| School Gardens | Brad Hardison | Publicity Social Media | Vivian Yturralde |
| Social Recognition | Yvonne Wilczynski | Social Recognition | Kathy Miller |
| Speaker's Bureau | Lynn Coffman | Speaker's Bureau | Pat Claves |
| Tours | Linda Carpenter | Sunnylands Special Events | Patty Reed |
| Training Class (County) | Melody Knox | WIC (Women Infants Children) | Vilma Raettig |
| UCR Botanic Gardens Liaison | Yvonne Wilczynski | | |
| WMWD Liaison | Janice Rosner | | |



In my potted succulents I found this unusual spider web that I never had seen (or noticed!) before. It took me several Googling attempts before I discovered that it was some type of a Money Spider, Linyphiidae, a family of spiders popularly called Sheet Weavers. Never found the spider. Too bad, because superstition says that if a Money Spider is seen moving around on you, it is said the spider has come to spin you some new garments and introduce you to a wealthier lifestyle!