

VOL. 15



GROWING &

Laguna Beach Garden Club Weeder's Digest



DECEMBER 2019

MEMBER NEWS

*Celebrating art & science
in the garden*

*"Gifts of time and love are surely the basic ingredients of a truly Merry Christmas."
-Peg Braken*

A NOTE FROM THE EDITOR • DALYNN MALEK

This is the season to be merry and bright, and extremely busy. Sometimes finding the perfect gift for a loved one is impossible. Armstrong Nursery's website has a tutorial for a beautiful holiday basket that may be the perfect answer for this dilemma, a lovely planted basket. It even comes with a shopping list for the plants needed. Problem solved!

Merry Christmas and wishing everyone a wonderful New Year of gardening ahead!

[https://
www.armstronggarden.com/
advice-home/diys-home/](https://www.armstronggarden.com/advice-home/diys-home/)



COME JOIN IN
THE FUN

Events This Month

General Meeting Dec. 13

Nan Sterman

*Perfect Pairings: Tasty Succulent
& Non-Succulent Plant*

Combinations (see page 3)



Laguna
Presbyterian
Church

- 9:30 am
social
- 10:00 am
meeting

Trips & Tours Dec. 13

Members' Holiday Tour

Join us as we visit two members' homes that have been decorated for the holiday season.
(see page 7)



President's Message

Wiggle, Stretch, Play, Drink, and Breathe

Presents!

The *holidaze* can be a trap of over thinking, second guessing and last-minute gift giving. I invite you to stop the madness.

Except to a few children, I don't give obligatory presents. No one needs more stuff. I don't feel bound by the calendar to find something for someone. I like giving presents, and impulsively buy things for others throughout the year. I'm just lousy at dutifully shopping for presents to cross off a list. With that in mind, my gift to all of you this holiday season is to simply encourage you to be present.

First, what do I mean by "be present"? Just that, be in the moment. Not fretting over the past, which we can't change, not mired in the uncertainties of the future, bracing for evils which may never happen, just here, now, in this body, in this space.

Learning to be present cures a lot of ills and prevents some from happening in the first place.

Here are some simple ways to be present: (adapted from a post by Charlie Gilkey).

Drink water: It cures almost everything and allows you to take a tiny break, slow down and breathe. Added benefit, it staves off dehydration, which can cause genuine emotional and physical distress.

Breathe Deeply: Try this, breathe in while counting to four, hold for four counts, and breathe out for four counts. Repeat for 3–5 breaths. Do it between emails, do it while driving, do it right now.

Wiggle Your Toes: Rather than over-thinking this one, trust me and do the following:

1. Scrunch your toes up to make a "toe fist" Wiggle them
2. Stretch them out
3. Focus on moving your big toes without moving the rest of them
4. Now do whatever feels right for your toes

Did you notice that you couldn't really think about anything else while you were actively moving your toes? You slipped into the present. And you can use the trick of wiggling your toes as a focusing technique almost anytime, anywhere.



Stretch: A stiff, constricted body leads to anxiety, and it's hard to be present when you're anxious.

Psychologist William James remarked "we don't smile because we're happy; we're happy because we smile." His insight was that we can use our bodies to create moods. Stretching helps us be present in the same way that smiling helps us be happy.

Play with Kids and Pets: Aside from the benefits of exercise and the way they get us to unplug, playing with kids and pets fires up our oxytocin factories. Oxytocin — sometimes called "the love hormone" or "the bonding hormone" — is a key hormone that promotes trust, relaxation, and happiness in humans. In one study

merely gazing at dogs increased oxytocin levels in the subjects.

And they don't need to be your kids or pets, you can get the same benefits from playing with your neighbor's dog. Or kid.

Get Some Nature Therapy:

There's a growing body of scientific evidence that show the mental and physical benefits of getting outside. From pulling weeds to hiking to simply sitting quietly in a garden, nature focuses our attention in ways that relieve stress. Interacting with the natural world allows our minds to restore and replenish.

Go forth and embrace the holidays. May your days be merry and bright. Take time for yourself. Your present to your family and friends is you, present.

Breathe.

-Nancy England

Sparks of Love Toy Drive

Members and guests may bring new unwrapped toys and sports equipment to our meeting.



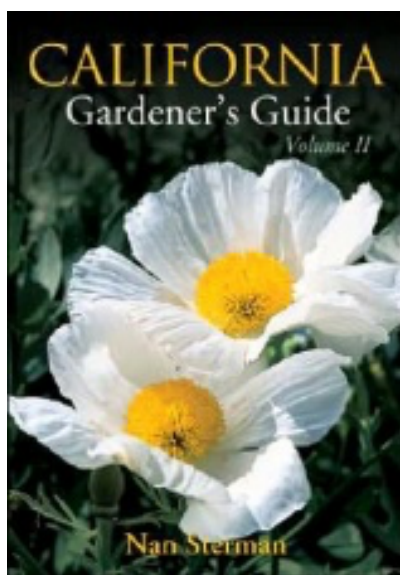
Nan Stermann Presents Ideas For Sustaining Waterwise Gardens at Our December Meeting

California native Nan Stermann is host, co-producer, and co-writer of *A Growing Passion*, a television show that celebrates all the ways that San Diego “grows,” from farms and nurseries to backyards and schoolyards, to native habitats and more.

Nan is a garden designer, author, botanist, and award-winning garden communicator. She is dedicated to the transformation of planted landscapes from overly thirsty and resource intensive to climate appropriate and sustainable. Her efforts combine age-old techniques with modern technologies.

Nan has worked towards this goal since the 1970s when she was involved in the first wave of the sustainability movement. Her initial training was at the Integral Urban House, a demonstration retrofit Victorian home in Berkeley, California. She went on to earn a botany degree from Duke University, a Masters in biology from UC Santa Barbara, and a Masters in instructional design from San Diego State University.

Nan parlayed her early experiences in sustainability to address modern day issues. She is author of *California Gardener's Guide vol II*, the only book about low water, Mediterranean climate gardens written specifically for California home gardeners. In 2010, she added *Waterwise Plants for the Southwest* to her publication list. Her next book, *Hot Colors, Dry*



Garden, illustrates how colorful low water gardens can be.

Nan speaks, teaches, and writes about low water, sustainable and edible gardening, all of which she designs for client's homes and school gardens. She seeks out plants, methods, and technologies that ensure client gardens are as water-efficient, low maintenance, and beautiful as possible.



Nan lives in Encinitas, California, where she serves as an advisor to the Water Conservation Garden at Cuyamaca College, the San Diego County Water Authority and sits on the Invasive Plant Committee for the City of Encinitas. She co-founded a 5,000 square foot school garden and founded the annual Encinitas Garden Festival & Tour. Nan is a board member of the Garden Writer's Association and a founding board member of the Association of Professional Landscape Designers, San Diego District.

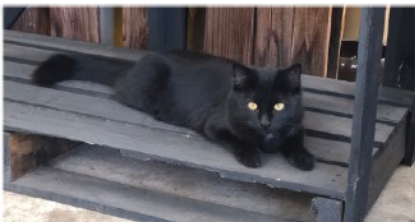
Rainforest Flora Tropical Nursery Delights Members Once Again

On November 14, LBGC traveled to a perennial favorite destination: **Rainforest Flora Tropical Nursery** in Torrance. We were given a very thorough tour by **Paul Isley**, one of the founders of the nursery. The numbers of tillandsias and bromeliads at this nursery is mind boggling! So many different varieties, colors,



shapes, sizes, flowers that you simply cannot take it all in.

There was one greenhouse as big as three houses which was filled with plants that survived the devastating fire at their San Diego area nursery. New growth and recovery were visible everywhere. Garden Club members highly recommend that you make the



trip to Torrance to visit this magnificent nursery.

Afterwards, we went down the street a bit to **Urban Plates** where everyone found something delicious to eat. And, where Lynette LaRoche brought a pudding mistake to the attention of management and got free dessert!

- Synthia Schofield



Local Schools Gardens

The Students Really Dig It!

School Gardens in Action

There are obvious benefits of teaching in a garden: fresh air, connection with nature, learning to be more resilient by growing one's own food. I was delighted to see the garden exploited in less obvious ways to teach history (Thomas Jefferson was a talented horticulturist and had a pea growing competition which inspired the fifth-grade classes at Top of the World Elementary to grow rows of peas), math (weighing produce, and calculating a price and **potential** profit), record keeping and public speaking.

I am a volunteer with the fifth-grade classes at TOW once a month. Kelly Osbourne settles the kids down and explains the lesson, then the kids break into groups and work in the garden. The November 14 lessons involved harvesting crops like pumpkins, lemons, pomegranates, persimmons, oranges, herbs and sweet potatoes, weighing the harvest in grams and pounds, making a marketing plan to sell the crop at the upcoming Farmer's Market and presenting the findings to the rest of the class.



Lessons I learned included: little sweet potatoes can be yanked out but the bigger ones need to be dug out gently, kids like long sticks but some kids think climbing trees is even better than using long sticks to harvest lemons, and kids have strong opinions about bugs; some love them, some hate them. The students were eager to participate, happy to form small teams to tackle the various jobs like carrying the dead pumpkin vines to the compost bins, and staking the pea vines for the Jeffersonian pea growing competition.

Miss Osbourne's stamina and good humor are an inspiration. And the bounty at the Farmer's Market was as beautiful as it was delicious.

If you are interested in getting involved in any of the school gardens, contact Nancy Englund.

Holiday Raffle

A very special Holiday raffle will be held at the December 13 meeting. So far, the items include:

- Gift Cards from: Green Thumb Nursery, Laguna Beach Books, San Clemente Antiques, The Farmhouse Restaurant at Roger's Gardens
- Plant Depot floral arrangement
- Starbucks Gift Basket
- Christmas Gnome gift package
- German Christmas basket full of traditional goodies
- Hand Painted Holiday Gourd
- Main Street Bar – Night of Entertainment for 4
- 3 Lori Mitchell Christmas folk art figurines
- Pure Pilates: 2-week package of unlimited classes
- Jewelry, Scarf (handcrafted) & Pashmina
- Little Bohemian package (children's store for you grandparents)
- Succulent wreath



If you would like to add some special to the raffle, I'd love to hear from you.

Contact Lynn Jax (E: jax@cox.net or Cell 949-294-1500). Deadline: **Tuesday, December 10** midnight so I have time to organize all the wonderful items for Friday's meeting.

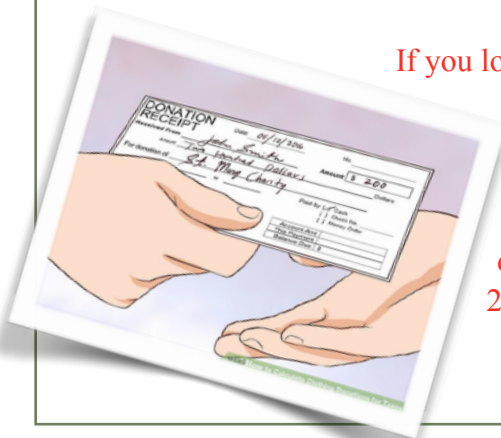
The Raffle Donation Request letter is available for any of you who would like to approach merchants you patronize. If you'd like, I can send a PDF version (2-page document) that you could print on your own.

We accept cash, checks, and credit cards. Raffle ticket prices are \$5 for 1 ticket and \$20 for 7 tickets. Come prepared and rub that lucky penny.

Year End Giving

Please consider including Laguna Beach Garden Club, Inc. in your End of the Year planning. Generous support from our members helps to offset costs and supports our contributions to Scholarships, School Gardens and Community Projects and enhances our Speaker Series at monthly meetings.

Join your fellow members as a Sponsor and see your name in print: 2020-21 Membership Book (see page 68 in current book), 2020 Gate & Garden Tour brochure, and on our website.



If you love what our club accomplishes each year, please see Lynn Jax near the Raffle table. Checks, Cash, and Credit Cards accepted. Thank You for your Generosity in advance.

LBGC is a 501(c)(3) non-profit educational organization, thereby making donations tax-deductible to the extent allowed by law. Federal Tax ID 23-7297058.

Lynn Jax, Sponsor Coordinator

TRIPS & TOURS



Members' Homes Holiday Tour

On Friday, December 13, will visit the homes of **Diane Lannon and Dalynn Malek** to see their lovely gardens, homes, and delightful Christmas decor.

Join us from **3:00-6:00pm** to get in the holiday spirit with some food & beverage as part of the tour.

Bring a friend-it's free!

Diane Lannon

28691 Murrelet Dr.

Laguna Niguel

Dalynn Malek

29652 Alta Terra

Laguna Niguel



Helpful Ideas

Giving to Others

Project: Give the gift of your gardening talent

Cost: FREE

What's Involved: The most valuable thing you can share with a loved one is the gift of your time. Put your gardening talents to use by gifting a few hours of your time to help someone clean up their garden, plan a new project or anything else of their choosing.

If you have a knack for combining colors, offer to help them choose a new color scheme for next year's container recipes.

If a strong back is your best asset, offer to help transplant a shrub that has outgrown its space or plant a new tree in honor of someone special. They will be grateful for your gift of time and talent.



Making Our November Meeting Special



Volunteer of the Month

Diane Kloke's name was drawn as the November volunteer of the month. She received a cool gift bag from Vice President Marianne Keenan for her tireless efforts as Special Administrator for Scholarships for the students of Laguna Beach High School and for the Patriots Day Parade. Every year, Diane choreographs the Rakettes routine and wrangles in the rest of the members marching in the annual parade. She is also very good at herding cats! Last month she also volunteered her time at the SmartScape event at the Water District.

Thank you Diane, you make our club all the more special!



New Member's Pretty Pumpkin Decorates the November Treat Table

Georgia Zacharia demonstrated her green thumb decorating abilities with her stylish pumpkin topped with a variety of succulents. She also made several small versions of the pretty gourds to give to others at the meeting. Thank you Georgia for getting involved as a new member!

Great gift to give to your girlfriends! Share the experience and make it a day of fun. Give tickets to our fabulous Gate & Garden Tour. Tickets will be on sale at the December 13 meeting.



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www.LagunaBeachGardenClub.org

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