

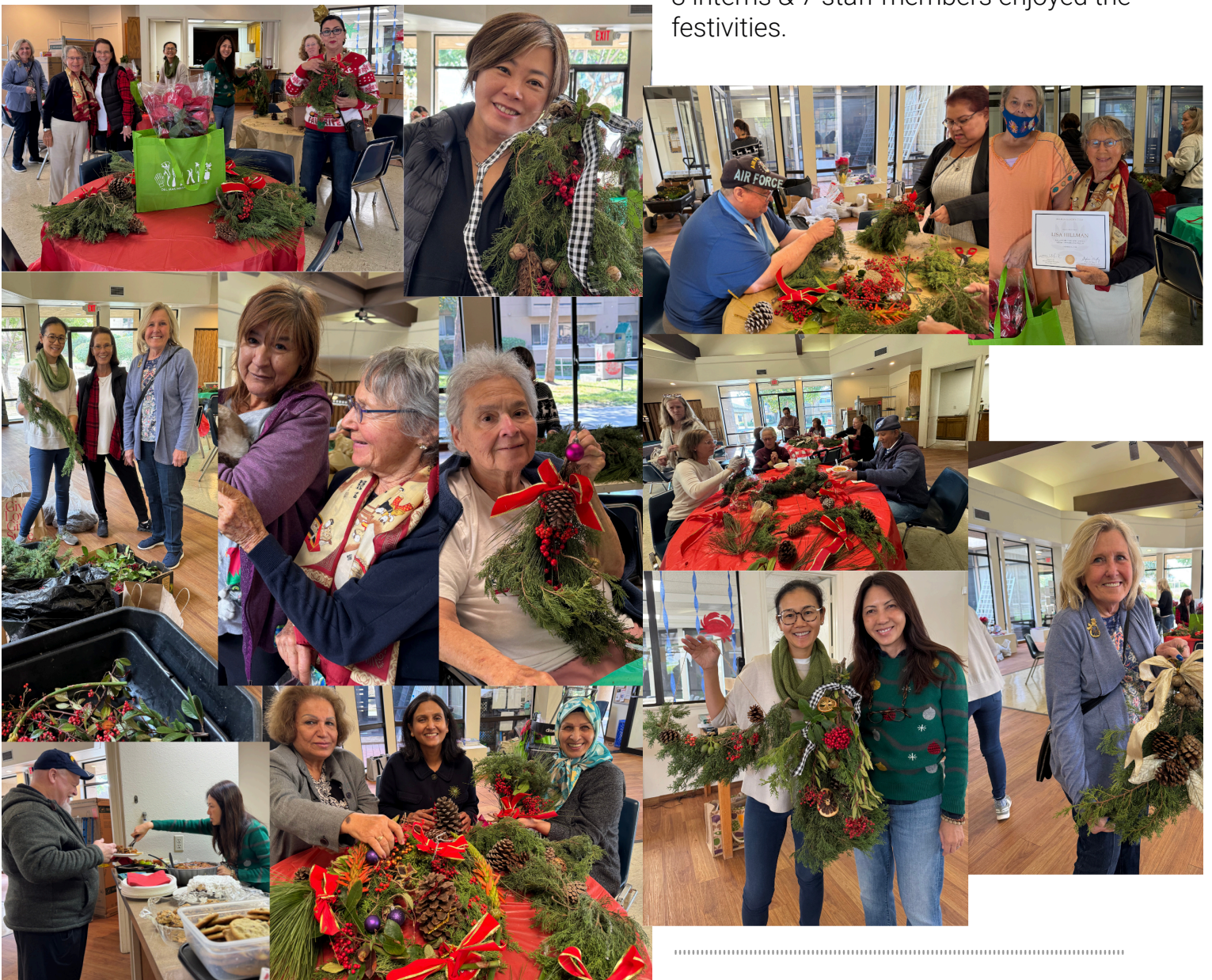
December 2024 December Community Outreach Project

Note:

January meeting is on Jan 8,
2nd week as conference room
at library is closed in the first
week for renovations.

**See you Jan 8 from 11 -12:30
at Carmel Valley Library**

A dozen members volunteered at Belden senior living and helped make holiday swags. It was such a lovely experience. Thanks to Barbara Summer, Margret Pham, Barbara Metz, Hallie Worsey, Ivy Tsai, Jennifer Schaffer, Philippa Farrar, Mary Baló, Chris Ross, Saritha Yamada, Yu Linda Song and Shital Parikh. Everyone contributed their time and food and materials. About 20 residents, 3 interns & 7 staff members enjoyed the festivities.



Club Elections

Thanks to 27 members who voted to meet quorum. We are happy to announce elected officers for the two year team 2025-26 will be Club Chair: Shital Parikh and Club Secretary Yin Gu.

Get eligible to be elected in the coming years!



We encourage members to volunteer in coordinator roles. This involvement is a fantastic way to gain experience and become eligible for elected positions in the coming years. To qualify for future nominations, members must serve two years on our Worker Bee Team.

Open Positions on the Worker Bee Team for 2025:

1. **Nextdoor Coordinator** - Approximately 7-10 hours of work/ year. Works closely with communications coordinator.
2. **Sign Up Genius Coordinator** - Approximately 10-12 hours of work per year. Works closely with the events team.

If you're interested in either of these roles, please email us at info@friendsdmm.org.

Club Secretary: Yin Gu

Yin loves to garden and has many fruit trees in her new slope. She retired from a long and successful career in pharmaceutical research after going to UCSD for her Masters. A resident of San Diego for over three and a half decades.



Club Chair: Shital Parikh

Shital has been a Master Gardener volunteer and trained compost master since 2014. Started gardening from the love for cooking. SanDiegan for over 3 decades half of which in Del Mar Mesa.



December Library Flowers



Poinsettias, native to Mexico, have deep ties to San Diego. Introduced to the U.S. in 1828 by Joel Roberts Poinsett, the first U.S. ambassador to Mexico, they became a commercial success thanks to Paul Ecke Sr., who moved his business to Encinitas in the 1920s. Ecke's innovations made San Diego the top supplier of poinsettias, once providing over 90% of the U.S. market. Today, the Ecke Ranch continues to give back as a nonprofit farm.

SIGN UP and donate homemade flower arrangements to the library each month.

SEED LIBRARY December Update

Barbara Scholz, our new Seed Library Coordinator, has been busy organizing fresh winter seeds, including sweet pea seeds donated by MG Barbara Sands and a variety of native flower seeds. Flower seeds will now be displayed on the back side of the seed library cabinet. Join us for an envelope-stuffing meeting in the second week of January (date TBA) and grab some free seeds for your garden!

Chris R	Radish Crimson Giant	20	10/8	10/8	
	Snow Peas	10			
	Arugala	10			
	Calif Poppy	15			Purchase
	Parsley	10			
	Arroyo Lupin/Blue Lupine/ Lupinus Succulentus	20			Coast2canyon.org (Petals for planet)
BSchz	Fava Beans	12	12/13	12/13	True leaf purchase
BSchz	Kale dazzling blue	20	12/13	12/13	True leaf Market purchase
BSchz	Romaine lettuce	40	12/13	12/13	True leaf Market purchase
BScholz	Mixed green lettuce	20	12/13	12/13	True leaf Market purchase
BScholz	Sweet pea flower	20	12/13	12/13	True leaf Market purchase
BScholz	Carrots tender sweet	20	12/13	12/13	True Leaf Market Purchase
BScholz	Bunching onions	20	12/13	12/13	Kitazawa Seed Co Purchase
BScholz	Parsley	20	12/13	12/13	True Leaf Market Purchase
BScholz	Arugula	20	12/13	12/13	True Leaf Market Purchase
BScholz	Radish	20	12/13	12/13	Donation
BScholz	Snow peas	8	12/13	12/13	Shital donation
BScholz	Sugar snap peas	6	12/13	12/13	Chris Ross Donation

Habitat Restoration Native Pollinator Garden

We will be replanting in January. Do come by to check out the site. [Link to Native pollinators](#) that can be successfully grown in our region.

Club Food Blog: Olivia Hansen & Raquel Sutton

Roasted Brussels Sprouts with Pomegranates and Pecans. [Recipe Link](#)

This dish is bursting with festive holiday flavor. Roasted brussels sprouts are sweet and nutty. The outside is golden brown with a soft interior. Tossing sprouts with toasted pecans and tangy pomegranate seeds adds texture and brightness. The pomegranate glaze adds a sweet finish to the dish.

Brussels sprouts are in season in fall and winter. They are widely available in grocery stores and local farmers markets. Select sprouts that feel heavy for their size and are bright green. The leaves should cling tightly to the heads. Aim for sprouts similar in size so that they cook evenly. The sprouts can be stored in the refrigerator for up to four days. The sooner they are cooked, the better they taste.





Welcome New & Returning members

Thank you to 40 members, new and returning who have registered so far for 2025.



Renew Your MEMBERSHIP

Renew Membership!

Please join 40 members and **renew membership** today!! Invite your friends to join.

Customized GIFT CARD Purchase a customized gift card, for \$30 [online](#) or write a check to Friends of Del Mar Mesa. Then, email the first and last name of the recipient to info@friendsdmm.org. Makes for a great bday or hostess gift for a garden lover.



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Club's Social Media: Sandi Adam Invitation to join our club's member private [Facebook group](#). [Click here](#) to request membership. Post photos of summer adventures with nature on our Club's [Instagram](#) page. This private facebook group is open to invite your friends and family to learn more about gardening.

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December Gardening Guide:

December Garden To-Do List for Zone 10 (San Diego)

Planting

Cool-Season Vegetables: It's the perfect time to plant seeds **beets, carrots, lettuce, kale, spinach, Swiss chard, radishes**. Plant seedlings cauliflower, cabbage, broccoli. Onions, peas, **Garlic cloves**. **Bare-Root Plants:** Mid-month is ideal for planting bare-root roses, fruit trees, and berries.

Perennials and Herbs: Add long-term staples like **artichokes, asparagus crowns**, and hardy herbs such as parsley, **rosemary, thyme, and oregano**.

Time to buy seed Potatoes Some potato varieties that grow well in San Diego, California's zone 10, include:

Yukon Gem

A mid-season potato that produces yellow-fleshed tubers with pink eyes. They are good for roasting, baking, boiling, and frying.

Red Pontiac

A potato variety that can be cut into quarters or 1.5–2-ounce pieces with an "eye" in each piece.

Russian Banana

A potato variety that needs to be kept covered with at least 6 inches of soil to prevent the tubers from being exposed to sunlight.

Growing Potatoes in containers, buckets or grow bags

Pre Planting Prep: Get seed potatoes for a better harvest.

Put the potatoes in a dark place a week or more, so they start to sprout eyes.

Next, cut the seed potatoes into pieces with at least 2 eyes each. Store pieces at room temperature for 1 to 2 days before planting to allow the cuts to form a callus.

If you are using a bucket or another container make sure there is adequate drainage. Grow bags have drainage. Buy grow bags online.

Soil: Loose soil, a little acidic soil is preferred but, not necessary.

Soil amendment: Add 2 cups of vermicompost to each of the planting bags

Planting: Put about 6 inches of soil in a grow bag. Water the soil.

Place the potato pieces about 6 inches apart. Eyes pointing up. Cover w/3" inch soil.

Add 2 tbsp of liquid fish fertilizer to the large watering can. Water after first planting.

Place in a sunny place to grow.

Watering Schedule: If not raining, water twice a week.

Mounding: As the leafy part of the potato grows to 5-6 inches add straw or shredded paper or even some soil around the stems.

Harvesting: Some harvesting can be done 2 weeks after blooms/ flowers appear. Potatoes are ready to harvest when the vines die back. Usually 100-120 days. Do not wash after harvest. Store in a cool dry place.

Move the sacks outdoors once the weather warms up. Don't allow them to become too hot, as the plants will stop producing tubers if the roots overheat. (Farmers Almanac). Source: <https://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=26291#:~:text=In%20your%20bucket%20or%20grow,on%20my%20regular%20drip%20system.>

1. Based on culinary use:
 - High-starch: Idaho potatoes. Great for baked potatoes or fried potatoes.
 - Medium-starch: Long white potatoes. Excellent baked, fried, or mashed.
 - Low-to-medium starch: Yukon gold, yellow potatoes. Great mashed, roasted, baked, soups.
 - Low starch and waxy: Round red & round white, new potatoes. Roasted, boiled, salads.

Garden Maintenance

Prune Dormant Plants: Focus on shaping and cleaning up fruit trees, grapevines, and roses (reserve heavy pruning for January).

Pest Control: Clear dead leaves and debris to prevent pests from overwintering.

Soil Care: Mulch garden beds to retain moisture and keep soil warm, *but avoid fertilizing dormant plants this month.*

Smart Watering

Install an automatic irrigation regulator that is monitored by your phone from anywhere in the world. Keep an eye on new plantings to ensure roots don't dry out.

Seasonal Color

Brighten your garden with pansies, violas, calendulas, and snapdragons.

Harvest & Frost Tips

- Citrus Fruits: Harvest ripe lemons, oranges, and grapefruits to lighten the load on branches.
- Frost Protection: Cover tender plants like tomatoes with frost cloth during cold nights, but wait until spring to prune any frost-damaged growth.

Native Plant Seeds and Plants to Plant in December (San Diego, Zone 10)

December is a fantastic time to plant California native seeds and plants in San Diego. The cooler temperatures and winter rains provide ideal conditions for establishment. Here's a guide to native plants and seeds that thrive when planted now:

Native Seeds

Wildflowers:

- **California Poppy (*Eschscholzia californica*)** – The state flower, perfect for adding golden blooms to your landscape.
- **Lupines (*Lupinus spp.*)** – Vibrant purple-blue spikes that attract pollinators.
- **Clarkia (*Clarkia amoena*)** – Also known as Farewell-to-Spring, these delicate pink and purple flowers are easy to grow.
- **Tidy Tips (*Layia platyglossa*)** – Cheerful yellow-and-white flowers ideal for meadow gardens.
- **Gilia (*Gilia spp.*)** – Delicate, drought-tolerant blooms in soft blues and purples.

Grasses:

- **Purple Needlegrass (*Stipa pulchra*)** – California's state grass, great for erosion control and habitat.
 - **California Fescue (*Festuca californica*)** – A lush bunchgrass that thrives in part shade.
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Native Plants

Perennials and Shrubs:

- **California Sagebrush (*Artemisia californica*)** – A fragrant, drought-tolerant shrub that supports local wildlife.
- **Cleveland Sage (*Salvia clevelandii*)** – A fragrant sage with striking blue blooms that attract pollinators.
- **Toyon (*Heteromeles arbutifolia*)** – Known as Christmas berry, this shrub

- produces bright red berries in winter.
- **Manzanita (*Arctostaphylos spp.*)** – Beautiful evergreen shrubs with smooth bark and pink flowers.
- **Monkeyflower (*Diplacus aurantiacus*)** – A versatile plant with orange, yellow, or red blooms.
- **California Buckwheat (*Eriogonum fasciculatum*)** – An essential nectar plant for pollinators and a lovely groundcover.

Groundcovers:

- **Douglas' Meadowfoam (*Limnanthes douglasii*)** – A low-growing plant with charming white-and-yellow blooms.
- **Beach Strawberry (*Fragaria chiloensis*)** – A native groundcover with small white flowers and edible fruit.

Tips for Success

1. **Prepare the Soil:** Clear weeds and loosen the soil for planting. Native plants thrive in well-drained soil. Its useful to add 6 inches of mulch 6 weeks prior to planting Native plants
2. **Watering:** Water seeds and young plants immediately after planting for 7 days. Rely on natural rainfall but supplement as needed until established.
3. **Mulch:** Use 4-6 inches mulch to retain moisture and reduce competition from weeds. Avoid placing mulch directly against plant stems.
4. **Spacing:** Give plants enough space to grow; native plants often spread out as they mature.

District News Floral Design Forum Series: We are a nationally accredited garden club under Palamore district. They are offering a series of amazing workshops on flower arrangements at \$15/- workshop. Do register to attend, and share photos on our club facebook page or info@friendsdmm.org, 2024-2025

When: 1st Mondays: October thru May 12:00 NOON

Where: Rancho Penasquitos Public Library*

13330 Salmon River Road, San Diego, CA 92129

Objectives: To bring the finest floral designers to San Diego County; promote appreciation of floral art forms; develop skills in critiquing floral art; improve individual skills for in-home floral decorating; learn skills for flower show exhibition; encourage members to enter flower shows and promote floral arts in the community. [Click here for Registration Form](#) Start time Noon Arrive at 11:30 a.m.



January 6, 2025 Gail Vanderhorst, Judge. She is spreading her wings for the first time on our stage. Be ready for some new experiments and fun.

February 3, 2025 A special designer, Dyanna Madro brought Miniatures last year. This year Full size Designs "with Love" from the Winningest Designer at the San Diego Fair this year. A NGC Master Flower Show Judge

March 3, 2025, Barbara Weiller, Master Flower Show Judge. Not only an incredible Designer but also a fantastic Horticulturist. Watch what she brings to the Table.

April 7, 2025 Welcome to Debra Warriner from the Ichiro School of Ikebana. Learn some of the changes from other schools and appreciate beauty and elegance of design.

May 5, 2025 - The "Grand Finale: "FLOWER POWER" Our most popular Program. Watch as 4 local college student designers race against the clock to complete a *Surprise Package* design from material, container and theme. Then, like a 3 ring circus, they show a "signature design," a "round robin" and then a "wrap up" design.

Upcoming Events [Sign up](#) Save Date: Note: January meeting date change: to Jan 8th as conference closed in first week.

By Yu Linda Song & Philippa Farrar

2025 Monthly Meetings & Events

January 8th, 11am @ Carmel Valley Library
Topic: Annual New Year Garden Resolutions & Hands On Craft



Hands On Rose Pruning Workshop at a Member's Home
Sunday in January, TBA (Members Only)



February 5th, 11am @ Carmel Valley Library
Topic: Soil Quality & Soil Health: Why It Makes a Difference
Speaker: Craig Kolodge Ph.D.Dr. K, San Pasqual Valley Soils



Visit to Vic Sbrega's Encinitas Worm Farm
Sunday in February. Date: TBA (Members Only)



March 5th, 11am @ Carmel Valley Library
Topic: Integrated Pest Management
Speaker: Master Gardener Linda Jones



Hands-On Bonsai Workshop, Part 2:
Date & Location TBA (Members only)
Kyle Icke, Member San Diego Bonsai Club
Location: Del Mar Mesa Garden



April 2nd, 11am @ Carmel Valley Library
Topic: Basics of Floral Arrangement
Speaker: Linda Jones* a different Linda Jones from March! 😊



May 7th, 11am @ Carmel Valley Library
Topic: TBA

June 4th, 11am @ Carmel Valley Library
Topic: Fire Resistant Landscape
Speaker: Master Gardener Cindy Bruecks



Annual Summer Garden Party
Date: TBA, a Sunday in June



Facebook Member Contributions



Shital Parikh
 Admin Top contributor · December 17 at 7:49 AM · 🌐

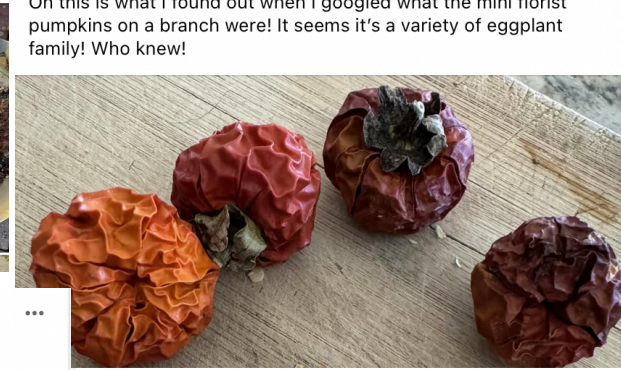
I have extra pea seedlings. Do email if you wish to pick them from my home. Shital@1parikh.com. I can leave them outside tomorrow



Yu Linda Song
 Admin Top contributor · December 16 at 1:12 PM · 🌐

Picked up some garden items from Terri. Anyone want? Message me.
 Updated: plumeria and green pots taken.
 Shell shaped pot still available

MESSAGE YU LINDA IF YOU WANT TO Pick up Cosmos Plants. They look beautiful. yulindasong@gmail.com



Yu Linda Song
 Admin Top contributor · December 11 at 8:27 AM · 🌐

Hello!
 I've received a message from the library that our vases and bird cage are ready for pick up. If you donated a bouquet/arrangement and they belong to you, stop by the desk to get them.
 See you in January.
 1/8 11am.
 Note: not first Wed because that is a holiday!... See more

Sandi Hwang Adam
 Admin Top contributor · December 23 at 9:32 AM · 🌐

I have a couple of borage seedlings if anyone would like some!

