



## WHS October Speaker

Wednesday, October 12, 2011, 7:30 p.m.  
Nan Sterman, Garden Designer, Educator and Author,  
San Diego, California

### “Garden Treasures from Arid Mexico and the Southwest”

*Learn how to expand your garden choices with these colorful and hardy plants.*

Nan grew up in the San Fernando Valley and has a degree in Botany from Duke University and a graduate degree in Biology from UC Santa Barbara. She now lives in San Diego where she added a second graduate degree in training and education. Nan is a gifted garden designer and teaches sustainable garden practices. She believes gardens should have climate-appropriate plants and of course they should be beautiful.

Nan writes for many publications such as Sunset Magazine, Organic Gardening Magazine, Pacific Horticulture, the Los Angeles Times and the San Diego Union Tribune. She is a frequent guest on public radio and on national television. In 2005 she started her own TV show, "A Growing Passion," produced with her business partner Marianne Gerdes.

In 2007, Nan published her first solo effort, *California Gardener's Guide V. II* (Cool Springs Press), which is about gardening in California's Mediterranean climate. In 2010, she published *Water-wise Plants for the Southwest*, with co-authors Mary Irish, Judith Phillips and Joe Lamp'l. This book expands the water-wise palette with plants from the world's desert regions.

*Guests are welcome. Fee for non-members \$10. Guests are invited to join at the door – bring a friend!*

**MEETING LOCATION** Our monthly meetings feature the speakers listed above; doors open at 7 p.m. and meetings begin at 7:30. The location is at Christ Episcopal Church, Parish Hall, 1040 Border Road, Los Altos.

You are invited to join our speaker for dinner on October 12 at 5:30 p.m. at **Bella Vita, 376 First St., Los Altos**. This is a terrific opportunity for our members to get to know each other better and to get to chat with our speakers. Please contact Rosalie Shepherd to confirm: shep8283@earthlink.net or 650-321-8283.

Would you like to **sponsor a lecture** for the WHS that is of particular interest to you? It would be much appreciated! Please call Pat Knight at 650-941-6136 if you are interested.

## WHS November Speaker

**November 9** Dr. Matt Ritter, “Small Trees for California Gardens”

## September 2011 Speaker Notes

September's speaker was Bart O'Brien, Director of Special Projects at Rancho Santa Ana Botanic Garden in Claremont and co-author of the new book "Reimagining the California Lawn" along with Carol Bornstein and David Fross.

*Richard Tiede:* Bart gave an interesting talk with insights into plant selections, care and combos. One thing that caught my attention was his comment about planting *Dudleyas* so the dish of the plant is at a sharp angle to the ground; that way water will not collect inside the plant and rot it. Other recommendations: cut *Muhlenbergia rigens* back to 6-8" in late winter, and consider *Lippia repens* for a groundcover.

*Sherry Hall:* Bart pointed out that California has the hottest, driest and coldest of the Mediterranean climates and that is why we struggle with some of the plants from other Mediterranean areas.

In part sun or coastal areas, Bart considers *Carex praegracilis* to be the best no-water lawn substitute. In general, *Carex spp.* are pet friendly as lawn substitutes because they don't produce the lawn-type seeds that can get into pet's ears. *Festuca* 'Siskiyou Blue' ages much nicer than the other blue Fescues. If you love Monarch butterflies, plant *Asclepias fascicularis*. *Dudleya hassei* is a good groundcover under deciduous trees.

And for those of us who love low-maintenance plants (and who doesn't?!): many *Zauschneria* (*Epilobium*) need pinching for a nice form, but *Z.* 'Route 66', *Z.* 'El Tigre' and *Z.* 'Hurricane Point' do not.

A personal note on *Phyla nodiflora* (*Lippia repens*), which Bart says is mostly evergreen in Southern California: It does make a decent, low-water groundcover in our demonstration garden. However, since the temperature in Corralitos goes down to at least 28 degrees every year, it is completely dormant here during winter with a decent recovery by mid-spring.

## Love your Pacific Hort magazine?

October is the last month to renew your Western Hort membership to avoid missing any issues of the great Pacific Horticulture magazine. We urge you to send in your dues now if you haven't already. Please see page 3 for details on membership rates and where to send the form. Questions? Contact our membership guru at grew@pacbell.net or 650-851-5162. **Thank you!**

## Western Hort News

### Raffle Table

We had some great plants for our first meeting of the year. Thank you Board Members for all your contributions. October's raffle table is supplied by the general membership. Plants, bulbs, seeds and any garden related items are welcome on the raffle table. ~*Roberta Barnes for the Raffle Committee*

### You are invited ....

To join the Western Hort Board. It's a fun group of people who keep the organization going with great lectures – 110 people at our September Louisa Beck Annual Lecture. The Board meets every other month. Contact Christine Bate, [batece@yahoo.com](mailto:batece@yahoo.com) or (650) 941-3514. ~*Richard Tiede*

### Carpooling

Would you be willing to field phone calls of people looking to carpool (or otherwise help organize carpooling)? Help save the environment & help out your fellow Western Hort members, too. Contact Christine Bate, [batece@yahoo.com](mailto:batece@yahoo.com) or (650) 941-3514. ~*Richard Tiede*

### WHS Field Trips

Rosalie Shepherd is organizing field trips for the coming year. Is there someplace that you have never been able to visit or could only visit in a group, and have been waiting for a chance for WHS to visit as a group? Or, do you know of a special exhibit that will be going on in the coming months at your favorite garden? Please send your ideas to Rosalie at [shep8283@earthlink.net](mailto:shep8283@earthlink.net) or (650) 321-8283, as she will begin making a list of favorite places to visit in the future. ~*Rosalie Shepherd*

### Thank you, Jackie!

Jackie Doda researches and writes the fabulous plant notes distributed with each issue of the newsletter, describing the plants brought in the previous month. Her quiet dedication and hard work are very much appreciated. ~*WHS Board*

### Reminder – Pick Up Your WHS Membership Card

Reasons to pick up your card: Discounts at nurseries and landscape suppliers – Impress your friends that you're a first-rate plant nerd – Because you are proud to be a member of Western Hort! Your discount card for 2011-2012 gets you 10% off purchases at Lyngso Garden Materials, Roger Reynolds Nursery, Summerwinds Nurseries (all six locations) and Terra Sole Nurseries. Membership cards are available to paid-up members at any monthly meeting, or send in a stamped self-addressed envelope with your renewal form. ~*Sherry Hall*

### Grape Harvest Festival – An ELSEE Fundraiser

Alrie Middlebrook, founder of the California Native Garden Foundation and owner of Middlebrook Nursery, is organizing the third annual **Grape Harvest Festival**, Sat, Oct 1, 5 – 8 p.m., Middlebrook Nursery, 76 Race St, San Jose, CA, 95126. It's a unique opportunity to network with peers, sample native food recipes, and enjoy organic wines in a casual atmosphere. This event is also a fundraiser, dedicated to CNGF's Environmental Laboratory for Sustainability and Ecological Education (ELSEE). ELSEE's mission is to educate the next generation about growing food and preserving habitat. ELSEE is also a set of buildings to be constructed on public school properties to fulfill that mission. CNGF is already building parts of an ELSEE prototype at the nursery while teaching students from a nearby school. With funds raised at the October 1 Festival, CNGF will build another part of the prototype ... an outdoor kitchen. Meet Alrie and learn all about ELSEE on a short video at <http://elsee-gardens.org>. ~*Leslie Dean*

### Cabrillo College Horticulture Lecture Series

Thursday evenings, 7:00 – 8:30 p.m.

Cabrillo College Environmental Horticulture Center  
Room 5005, "Top of the Campus"

\$10; \$5 for Friends of the Garden members; volunteers free

**October 6** Perennial Food Plants for Home Landscapes, Ernie Wasson, Cabrillo College Horticulture Department

**October 20** The resurgence of backyard food gardens and emerging trends in family and children's gardens, Kate Purcell, Kate's Kitchen Gardens

**November 3** Citrus and blueberries for coastal gardens, Aaron Dillon, Four Winds Nursery

**November 17** Getting started with fruit trees: site/soil evaluation and recommended varieties of pome and stone fruits for the Santa Cruz area, Orin Martin, UCSC Farm and Garden

Parking is free only in designated spaces at the Horticulture facility. \$2 to park on lower campus (bring 8 quarters!)

See <http://cabrillo.edu/academics/horticulture> for info about the Horticulture program and its facilities.

*Gardening is a kind of deadheading - to keep us from going to seed.*

## Plant Profiles from “Reimagining the California Lawn: Water-conserving Plants, Practices and Designs”

By Carol Bernstein, David Fross and Bart O’Brien  
Cachuma Press, Los Olivos, California. Published 2011.

*Carex praeegracilis* (Clustered field sedge) is often confused with dune sedge (*C. pansa*), a similar species with a more restricted distribution in North America. Freely spreading from rhizomes, clustered field sedge is suitable for lawns, erosion control, meadows, green roofs, and even driveways. It tolerates drought, inundation, poor soils, salt spray, heat, cold, and foot traffic. Once established, it is seldom troubled with weed infestations. The fine-textured dark green leaves reach 12 inches tall and present a thick tousled appearance when left untrimmed. A bit coarser than traditional turf, it can be mowed or string-line trimmed into a lawn as low and green as the outfield of Dodger Stadium. Away from the coast, plants will turn brown if grown with minimal summer irrigation. [All California climate zones.]

### *Phyla nodiflora* (*Lippia repens*)

*Lippia* is native to California, although most of the forms seen in the state’s gardens likely originate from South America. It is often found in older landscapes and gardens and makes an excellent low-growing evergreen groundcover that will even take foot traffic. From spring to fall, this plant produces an abundance of tiny mauve-pink flowers. These blossoms are held in cloverlike heads and are especially attractive to bees. *Lippia* tolerates regular mowing, although this will diminish flower production. It loves warm weather and can look a bit sparse during the winter months but quickly fills in and greens up in the spring, especially if given a dash of fertilizer. [All climate zones except mountains.]



*Phyla nodiflora* blossoms.  
Photo: Keir Morse, keiriosity.com



*Phyla nodiflora* foliage in Tsukuba Botanical Gardens in Tsukuba, Japan (about 70 km north of Tokyo). This plant is considered a Japanese wild flower although Japanese botanical websites list its range as worldwide. Its Japanese name is iwa-dare-sou (イワダレンソウ, 岩垂草), meaning rock-hanging weed.

Photo: flowers3.la.coocan.jp/Verbenaceae

**Hurricane Point California fuchsia** (*Zauschneria* ‘Hurricane Point’) is a woody selection that grows 1 to 2 feet tall and 2 to 4 feet wide and has narrow sage green leaves. The arching branches, tipped with orange-red flowers, are particularly effective where they cascade over boulders or retaining walls. [All climate zones.]

### Western Horticultural Society Officers and Board Members

President: Richard Tiede

Vice President: Christine Bate

Recording Secretary: Mark McCabe

Acting Treasurer: Daxin Liu

Other Board Members: Kerry Barrs, Roberta Barnes, Jon Craig, Abby Garner, Sherry Hall, Rosalie Shepherd and Katie Wong.

To contact us, please send email to [info@westernhort.org](mailto:info@westernhort.org), or contact Chris Egan at 650-948-4614, or send mail to Western Horticulture Society, PO Box 60507, Palo Alto, CA, 94306.

### About membership in Western Hort:

To join or renew, send your name, address, phone number and a check made out to “Western Horticultural Society” to PO Box 620673, Woodside, CA 94062-0673.

Membership Rates: A one-year membership (Sep-Aug) includes four issues of Pacific Horticulture magazine. Regular membership is \$35, Sustaining is \$45, Contributing is \$60 and Plant Lover is \$100+. We have also added a Family membership of \$50 for two or more members at the same address, and a Student rate of \$20.

Please visit our website at [westernhort.org](http://westernhort.org) for a membership form.

### Newsletter Submissions and Address Changes

Please send info for the November newsletter by October 18 to Marianne Mueller, [mrm@sonic.net](mailto:mrm@sonic.net) or 650-326-2029.

Please send address changes to [grew@pacbell.net](mailto:grew@pacbell.net) or 650-851-5162.



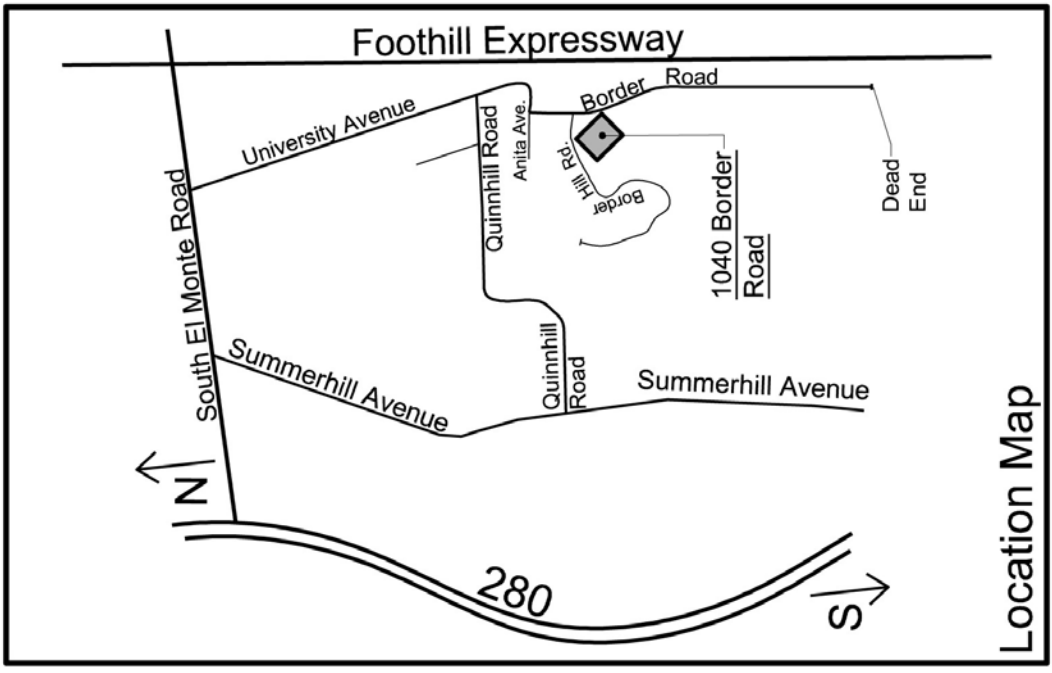
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Western Horticultural Society  
Monthly Meetings  
Christ Episcopal Church  
Parish Hall  
1040 Border Road, Los Altos