

# THE SEEDLING



## PRESIDENTS MESSAGE, OCTOBER 2017

Autumn has arrived, although this warm Indian Summer weather makes it not seem so. We have jumped right back into our busy garden club schedule of programs, projects and upcoming workshops, field trips and fun. Sharon and I and our outstanding executive board have planned a fun year that affords every one of you an opportunity to get involved in our club and volunteer in some capacity to make a difference in our community. When those sign-up sheets are passed around at the meetings take a chance to branch out and join a committee or come to a workshop. We are blessed to have such a fabulous group of people and working together

makes us an even stronger club. So jump on the bandwagon and lets make a difference in the Bonita area this year and become a real "Gem of the Community( in ruby red).

KATHY



PLEASE PUT YOUR CHAIR AWAY AT THE END OF THE MEETING



## BOARD MEETING, OCTOBER 4 AT 9-30

Hostess, Deb Pfau, 5216 Matisse Lane, Bonita

## GENERAL MEETING, OCTOBER 11 AT 9.30 PROGRAM, Kathy Taylor de Murillo and Carvill Veech.

Kathy and Carvill will demonstrate some holiday floral designs that you can do at home. A cosy demonstration of Halloween, Christmas and New Year themes.

Kathy ad Carvill are both wonderful designers and teachers, Kathy teaches in Balboa Park this season.



**SET-UP:**Sandy Brownell, Judy Grobbel

**REFRESHMENTS:** Irene Blacklock, Judy Silver, Jackie Riekstins, Gloria Barry, Irwin Pellerin

**RAFFLE:** Judy Silver, Irwin Pellerin, Carvill Veech, Linda Vargason, Jackie Riekstins

**CLEAN-UP:** Judy Silver, Gloria Barry

**FLOWERS:** LIBRARY, Val Bolger  
MUSEUM, Val Bolger  
please note that the planters in the Library and Museum just need checking and decorated accordingly.



This beautiful blue tailed lizard was spotted on the Stephanie Rossi Trail by our Garden Club Walkers

## STEPHANIE ROSSI TRAIL



**PICRIS ECHIOIDES**, a Mediterranean weed for a Mediterranean climate.

The Garden Club's Thursday morning walking group has the mission of picking up trash along the Stephanie Rossi Trail in the Sweetwater Regional Park. We do this while enjoying fresh air, sunshine, exercise, and convivial conversation afterwards at Starbucks. In addition to keeping our trails clean, I have personally added a secondary mission of ridding the trail of the nasty picris weed.

It all started about 3 years ago when I saw a weed in my yard that I couldn't identify. A bit of research revealed that the Picris plant was an undesirable invasive from the Mediterranean region of Southern Europe and relatively new to Southern California. I pointed out one healthy specimen along the trail to my fellow walkers, shared what I had learned, and then proceeded to try and pull it out, "try" being the operative word here. When bared handed, a single, well rooted specimen can do harm to one's hand and it is easy to understand how Picris earned the nickname "Bristly Ox Tongue". We saw a few more of these plants as summer turned into fall and no one gave them much more thought.

Fast forward to the following spring and I was dismayed to see that a few picris had turned into hundreds and hundreds of picris! These weeds spread so easily because they stick to animal coats and pants cuffs with a fervor. So when they started blooming I had the big idea to mobilize our walkers into an army of picris pickers. That idea was about as popular as rain at a picnic because the drought hardened soil made it an extremely tough job, even with my special Japanese rice paddy hoe. Still, I was undeterred, even though the others had passed on my weeding plan.



I decided to devote 30 - 45 minutes every Sunday morning, and 10 minutes or so on the Thursday morning walks to put on gloves, get out my hoe, and start whacking, pulling, sweating, and hauling away the picris weed. This has gone on for 2+ years now and this year Sandy Duncan and I were more successful in removing most of the picris before it had gone to seed. There will be some since we did not get them all before producing seeds.

So how did Picris get so entrenched in the area of the Stephanie Rossi Trail? The answer is pretty much the same story as how other hopeless weeds get established. Picris echinoides is a very adaptive herb, used by ancient herbalists as an anthelmintic. (Helminths are worm-like parasites such as flukes, roundworms, and tapeworms). So at one time it had a use and that may have been a reason to spread it. But now it adapts well to moist soils, whether sandy, calcareous, poor or rich loam, even d.g.! It can grow and flower in full sun to full shade, with preference for sun. It can adapt to soil conditions from quite dry to boggy. It is native to riparian, open, sunny meadows with calcareous soils of the Mediterranean, which is perhaps why it does so well in the river bottom. A note for the wine nerds among us: a calcareous soil is a soil that has high levels of both magnesium carbonate and calcium that reduce acidity in soil. Wine producing grapes are especially well adapted to calcareous soils resulting in production of superior wine crops. If this is true (sourced from Wikipedia and others), it seems that most of the Sweetwater Regional Park would make a wonderful and productive grape growing area--just saying..... JACKIE

### FEBRUARY TEA AND FASHION SHOW

Our Annual event will be held on February 14 2018. Thank you to our hostesses for making this event possible. Please start signing up for a seat at the tea. We will have sign up sheets available.



Our longtime member Dee Vawter has been confined to her home and would really love to receive phone calls and visits. Her number is 619-479-7687

### DESIGN FORUM

Shinoda Design Center  
7170 Miramar Rd., San Diego, 92121  
November 6, at 12-30. Rene van Remes , AIFD world renown designer and teacher. Only \$12 for Garden Club Members. Don't miss this one.



### WAYS AND MEANS-

At our annual Christmas Meeting we will repeat the sale of used jewelry as it has been so popular in the past. Vera will take responsibility for displaying and collecting the jewelry. Please collect any unwanted jewelry and Vera will display it for our sale

### WORKSHOPS-

Our tree for December Nights will reflect the theme " A Gem in our Community" with red rubies and featuring the icons of Balboa Park. A workshop will be held **Oct 25th** at Pauline's home to begin creating ornaments. Another workshop will be held on **November 15th** at Sharon Lauder's. Both workshops will be held at 10am.



## WHITE ELEPHANT TABLE

Please bring to monthly meetings any unwanted items: household goods, jewelry, clothing, garden accessories, garden tools, pots, etc to our treasure table. A cute elephant with basket will take your money



**SUNSHINE LADY**  
IF YOU KNOW SOMEONE WHO NEEDS CHEERING UP PLEASE LET MARIANNE KNOW AND SHE WILL SEND A CARD  
619-472-0220



An appropriate gift for the raffle is a \$10 item, garden related, including plants, garden ornaments.

## RED POLKA DOT TABLE

Please bring clippings, succulents, extra bulbs to the meeting and put it on the table. Our gardens will benefit and you will smile when your new items BLOOM!!!  
Sarah Tolley

PLEASE TAKE NOTE FOR FUTURE MEETINGS  
We need to put our chairs away at the end of every meeting



**YEARBOOKS- JO LYNN CAMPBELL HAS THE 2017-18 YEARBOOKS READY FOR DISTRIBUTION AT THE OCTOBER MEETING. WE HAVE 85 MEMBERS**

**DIANE HAS COOKBOOKS FOR SALE. KEEP A BOOK TO GIVE AWAY. THEY ARE PERFECT FOR CHRISTMAS GIFTS, OR BUNKO GIFTS, BIRTHDAY PRESENTS ETC.**

