

Yavapai Gardens

February 2002

Master Gardener Newsletter

Events & Activities

Camp Verde Pecan & Wine Festival, Feb. 9-10, We could use another volunteer with the pecan judging on Feb. 8. Call Bev at 646-0379.

High On the Desert, 9th Annual High Desert Gardening and Landscaping Conference, February 12-22. All the details and registration form on page pg 10

Yavapai Rose Society - February 18, 2:00 PM at the First Christian Church, 1230 Willow Creek Road, Prescott. We will have a video, "Growing Roses in the Desert", by Mike Jepsen, President of the Mesa East Valley Rose Society. With the exception of timing in relation to roses grown in northern Arizona versus southern Arizona, this is an excellent video on growing and caring for roses. Guests are welcome and there is no charge. For more information call Bob or Nancy at 771-9300, or Dave at 778-5507.

GROWING AWARENESS: 5th ANNUAL SOUTHWEST YOUTH GARDENING CONFERENCE, February 22 - 23, 2002, Metro Tech High School, 1900 W. Thomas Road Phoenix, Arizona. > pg 7

Master Gardener Association News . . . pg 9

Meeting Schedule -

March 20 Cottonwood

May 15 Prescott

July 20 MG Potluck BBQ

Table of Contents

Name Calling pg 1

Broccoli pg 3

Trees pg 5

February Calendar pg 6

Youth Gardening Conference . . . pg 7

High on the Desert registration . . . 9

MG Assoc. News pg 11

Name Calling

by Kim Stone

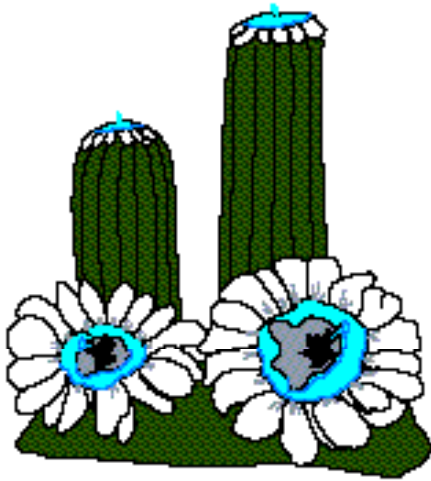
Boyce Thompson Arboretum Horticulturist

Today I got a call on the Motorola HT1000 radio hanging off my right rear denim pocket asking me to ID a plant that one of our visitors described as a "plant with little tiny fruits that look like salmon eggs." Anyone that has ever fished for trout or seen those clear screw-top plastic bottles in the fishing tackle aisle knows what salmon eggs look like. I knew right away what she was describing. The size, the red color, mid-Autumn, it had to be *Lonicera maackii*. I knew the plant because it was described in a down-home yet precise way using terms that we could both easily imagine. The visitor and I were now speaking a common language, souls joined in a brief, fulfilling moment of botanical unity and understanding. Then, just as quickly, this mythical union was wrenched apart by her next question, "Does it have a common name?"

Whoa. What started as a simple plant ID has now evolved to a whole new level. I was tempted to sprint to the visitor center, my chest cavity liberally extended, to instruct this member of the lay public in the sacred teachings of botanical



nomenclature and the mortal pitfalls of indulging in, dare I say it, common names. My training, from a baker's dozen years of working for a botanical



garden, has taught me that every plant has only one valid name. No exceptions. Generally, this name is the one that has come from the most current botanical reference, written by a respected authority who, by design,

has a professional relationship with every plantsman's favorite name-changing Swede, Carolus Linnaeus, aka the big "L."

The fundamental beef in the botanical world, and rightfully so, is that one common name can refer to 50 different plants (the infamous Desert Sage) or one plant can have nearly as many common names (*Leucophyllum frutescens*,) The American Ornithological Union had its act together when it came up with standardized common names for birds over 40 years ago; plant lovers haven't fared as well.

My personal definition of a common name, which is credibly shared in part by Merriam Webster, is: "A name that is widely or generally known." A great big tall cactus that grows in Arizona is nearly always called a Saguaro cactus by Sonoran Desert residents; in Cleveland, it is more likely called just a "great big tall cactus that grows in Arizona." If a person from each one of these places were to meet and the subject of this cactus just happened to crop up, neither would be absolutely sure that they were talking about the same plant. The late Dr. Edward F. Anderson, whose recent text (at least in these parts) is the currently accepted authority on the Cactus Family, after overhearing their conversation, would have quickly pointed out that the only currently accepted name is *Carnegiea gigantea*, which, loosely

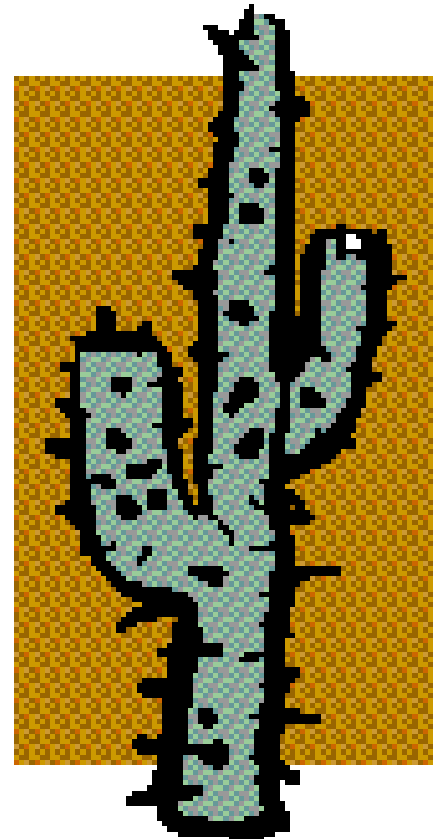
translated from Latin, means that Great Big Tall Cactus that Grows in Arizona.

As I was growing up, I was continually admonished by my mom and dad to "use some common sense," as if this kind of wisdom was liberally sprinkled upon the majority of teenagers but somehow skipped our house on its way down the street. "You can't mix light and dark clothes in the same load. Don't you have any common sense?" they would say. "And what's this substance I just found in your pocket?" So after years of post-adolescent counseling, I have come to realize that "common" really isn't that common. It is not the universal truth, even to the common folk, like my parents.

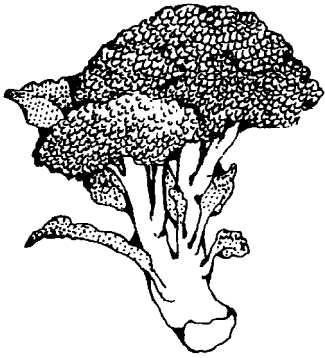
I have to admit that, in the world of taxonomy and the inevitable reclassification of hard-to-learn names in a language that is only fluently spoken by a few dozen cloistered monks and a smidgen of scholars and high school Latin teachers, there is a certain peace and stability in the use of the common name. It is vividly descriptive (bat-faced Cuphea, strawberry hedgehog, crucifixion thorn, jumping bean); it's generally written in a language that large numbers of people

still actively speak; and it rarely changes -- there might be some added, but rarely subtracted.

But don't use it. It's evil. Unless, of course, you are talking to someone who doesn't speak Latin.



Broccoli



Broccoli has become as ubiquitous as lettuce in the grocery store even though 50-60 years ago it was hardly grown at all. Its price fluctuates with the seasons but it's always there. Arizona and California provide a substantial portion of

all the broccoli you see in the stores in the winter.

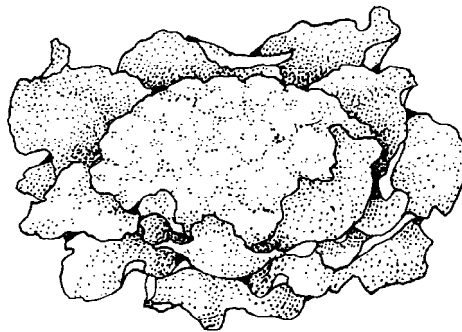
The Mediterranean area appears to be the home of broccoli. Originally from Crete, Cyprus and the eastern Mediterranean, it appears in Italy in the 17th century and from there it spread to northern Europe. It is shown as "Italian Asparagus" in a gardening book in 1724.

Today we are most familiar with the annual green type but two other varieties exist and occasionally appear in stores. Calabrese, or purple broccoli, is more available in seed catalogs, along with the romanesco type. (They have crossed broccoli and cauliflower to produce another variety—brocciflower.) Calabrese is grown as a later maturing variety and the romanesco type matures in late summer and fall. There is even a perennial variety, usually called "Nine Star."

The flower buds can create rounded heads, like you see in the supermarket, but varieties can produce tightly spiraled, very dramatic looking heads or small, multiple heads. The heads and stems are edible on all of them.

Depending on what part of the County you live in, you can grow several crops per year. In the lower areas you can start the seed in early spring and then plant again in the fall. The seeds can be started inside for an early start or can be sown directly in the garden. The plants can be

overwintered. In the higher elevations, the plants can be started in the garden after the soil has warmed. They can be overwintered in a cold frame. In resprouting types, you can harvest as long as you want to leave the plant in the garden. Broccoli is a heavy feeder, so prepare your soil with a good supply of compost. They will grow in our heavy soils but adding compost will help them thrive. Mulching to help preserve moisture in the hot summer also helps them. Bolting can be a problem in our hotter weather. By planting early enough or overwintering them, you can evade the bolting problem. Sprouting broccoli has the habit of producing side shoots after the main blossoms have been cut. The romanesco variety does not produce side shoots, so once, the main bud is cut, the plant can be pulled up from the garden. Cut the heads before they start blooming.



Oddly enough, there are not as many varieties of broccoli as compared with many other vegetables, unless you consider that cauliflowers are the same species as broccoli, which in turn are the same species as cabbage. As they are all really the same plant species, you should take that into consid-

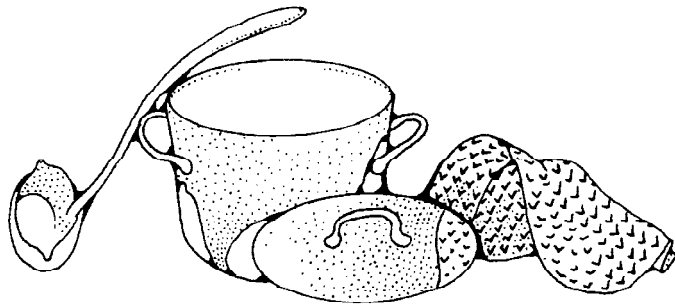
eration when rotating crops. The same diseases and insects affect them all. If you have grown cabbage in one area, do not rotate your broccoli into that same area the following year.

Cutworms can be a problem with seedlings. A collar of some sort around the seedling will keep the cutworms away. Cabbage worms and a variety of other pests can affect the seedlings also. The best



way to treat is to identify the pest and treat accordingly. Bt works well on caterpillars. Aphids can be horrible pests. Not only do they damage the plant but they can render the heads very unappetizing. Even with heavy soaking and rinsing, you still wonder how many aphids you are eating. Keep after the aphids by spraying with water before they take over.

Broccoli lends itself to a variety of vegetable dishes and soups. While the heavy stems look unappetizing, they can be peeled to reveal tender material underneath. These lend themselves well to soups and steaming. The most familiar rendition of broccoli soup is the creamy cheese variety that can be found in many restaurants but how about trying something different. This is also a good time to find beautiful sweet winter squashes. While the recipe calls for pumpkins, any orange squash would work as well. Try hubbard, butternut or even acorn squash. Just the thing for a cold winters day.



Pumpkin and Broccoli Chowder

from "Soup & Bread, a Country Inn Cookbook" by Crescent Dargonwagon

- 3 to 4 Tbsp. butter or vegetable oil
- 1 large onion, chopped
- 1 Tbsp. Tamari/shoyu soy sauce
- 1 ripe tomato, diced (peel if you don't like the skin)
- 4 cups chicken or vegetable stock
- 4 cups squash or pumpkin puree (see below)
- 1 Tbsp. honey or maple syrup
- salt and pepper to taste

1 bunch broccoli, cut into small florets.
Julienne stems 1/4 inch by 1 inch.

1/4 cup to 1/2 cup heavy (whipping) cream

Optional: add diced cooked potatoes

Melt butter in 10 inch skillet. Add onion and saute slowly until limp but not brown. Add soy sauce and tomato. Cook slowly, stirring until the tomato juice has evaporated, about 5 minutes. Transfer onion mixture to stock pot. Deglaze pan with a little of the stock, add to soup pot. Add pumpkin/squash puree, maple syrup or honey, salt and pepper to taste. Heat, stirring frequently.

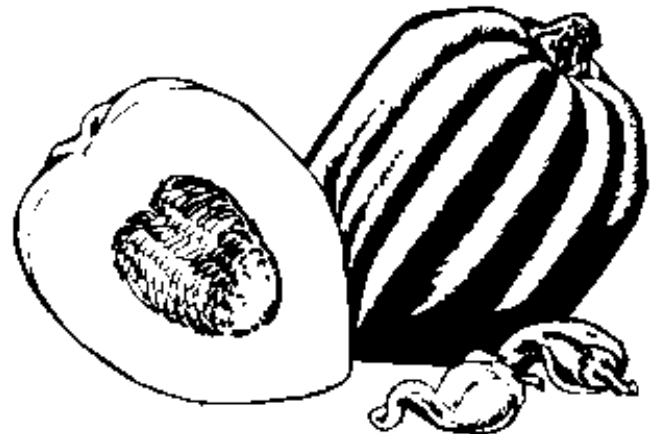
In another small pot with a lid, steam the broccoli (this could be done in the microwave, also.) Do not overcook. The broccoli should be a bright green.

Stir the broccoli into the soup, then stir in cream. Cook over low heat; do not boil, (high heat could curdle the cream) about 8 to 10 minutes.

Pumpkin/Squash Puree

1 pound of raw fresh squash should give you approximately one cup of puree, except butternut which will yield about 1 1/2 cups.

To cook, remove stem and seeds (seeds can be roasted,) cut into chunks, steam over boiling water. I roast mine or microwave it. It tends to be less watery that way. Drain, cool and remove the peels. It should peel easily. For a very smooth puree, run through a food processor. The puree can be frozen for several months.



Trees

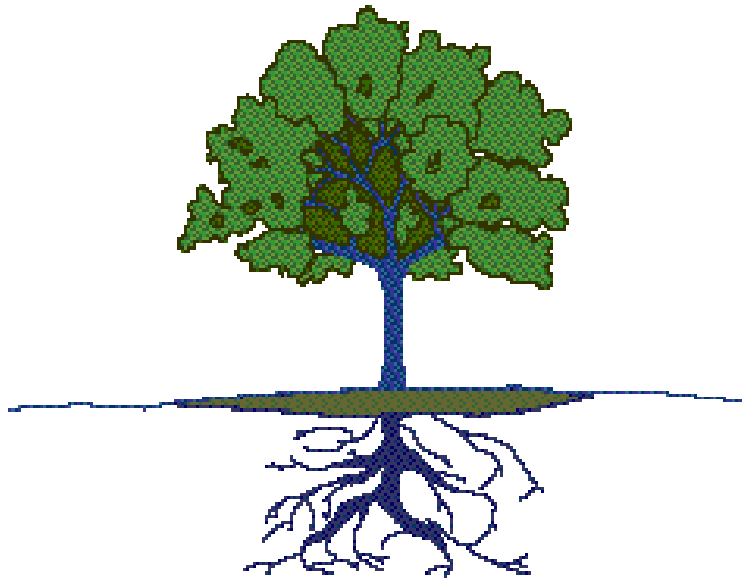
All of us love trees; it seems to be almost genetic in our makeup. Everyone agonizes about the decision to remove a tree, especially if it's big and old. There is an emotional attachment. If they are damaged, we worry about their survival. Some homeowner policies even include coverage for their damage. Trees help beautify our surroundings, they shade our homes and picnics, they remove carbon dioxide and create oxygen. They reduce the wind and help cool our homes.

The question is how well we plan for them. Over the course of years, I have seen trees planted in the strangest of places. My favorites were the ficus trees in Yuma. If you are not familiar with ficus, some varieties are HUGE with incredibly invasive large roots. I saw these trees planted two feet away from house foundations, next to sidewalks and driveways. I saw where they actually moved houses from their foundations, lifted up sidewalks and invaded sewer and water systems. Before you plant is the time to worry about these things, not after the cost of removal of a tree and repairs to the home escalates.

Trees are selected to make our lives more pleasant. So, what trees should I plant? Well, that depends on where you want to put them. Are there power lines running through the property? How are you going to water them and how much care and effort you can give them and what is the tree going to be used for, a windbreak, barrier, shade or just to look good? For windbreaks and barriers you might need a tree that is not deciduous. Once the tree loses its leaves, it doesn't serve

well in either function. If you are looking for summer shade, a deciduous tree should be the choice as it will lose its leaves in the winter when you would like a bit more sun. When you are looking for a beautiful tree, one with attractive flowers or fruits, you still need to consider size and cultural needs.

Never forget that each year a tree gets bigger. While your choice may be perfect for the site at the 10 foot height, it will only stay that size for a short time. It can very quickly engulf the electrical lines leading to the house.



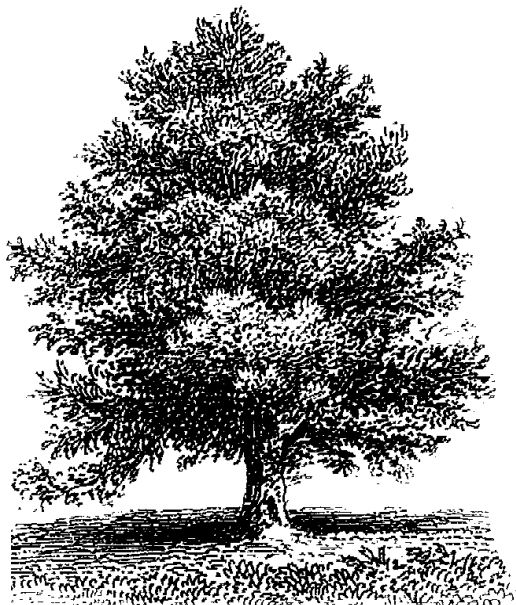
Soil conditions need to be considered. The idea that the tree sends down a huge taproot to anchor it to the center of the earth is more of an urban myth. If you are purchasing a bare root or container tree, that tap root was cut at some point. A tree grown from seed, and not moved, will often have a long taproot but

it also grows large number of lateral roots. It's those lateral roots that will anchor it to the ground. To help provide a home for those roots, you will need soil at least 10 to 15 inches deep. Because of our climate, it helps if you can get the roots to grow deeper, as it reduces the need for watering. Those roots are generally (and this is just a general rule of thumb; many trees have longer roots) one and one-half times the height of the tree. So if your tree is 10 feet tall, the roots run out approximately 15 feet. Make sure you give them the space they need. Having a deep soil is fine but if they don't have the ability to grow out also they will not thrive.

When considering site and soil, keep in mind that roots don't like to be compacted. Trees

growing next to where you park the truck may be a great idea but the weight of the truck driving back and forth over the same area will compact the soil enough that it could permanently stunt the tree or even kill it. It is also one of the problems in preserving trees while constructing a home. Even with the best of intentions, the movement of heavy construction equipment back and forth may kill the tree as effectively as cutting it down. It just takes more time. The clever idea of building a house around a tree presents some of the same problems. Having a tree growing through your porch may be fun but the compaction caused by the weight of the house will eventually damage the roots and kill the tree.

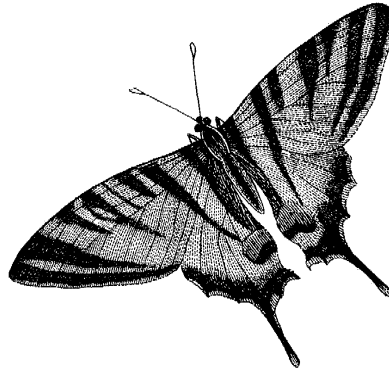
So what is all this rambling leading up to? Just think before you plant a tree. We are in the midst of tree planting now, but take some time to think about what you want and spend time looking at the site. How invasive are the roots? You don't want them growing into the septic systems. Are there overhead wires? APS will slaughter your tree if it interferes with those lines at some point. What is the quality of the soil? Make your decision on a rational, thought-out approach and you will have a tree to be proud in the future and not have to go through the decision of cutting down a great tree because you put it in the wrong spot. Maybe it will even get big enough so the kids can build a tree house in it.



February Calendar

Time to start pruning trees. If you need help, pick up information at the Cooperative Extension office or attend one of the pruning demonstrations scheduled this month.

Apply dormant oil to trees if you have had pest problems in the past. Check for borer holes.



Continue to water trees, perennials and shrubs. We haven't had any rain to speak of so far this winter and they need water.

Get those seed orders out. For those in the warmer areas of the County, time for planting the early spring flowers and vegetables is just around the corner. For some early vegetables you should be planting them indoors by the end of the month.

Now is the time to plant bare-root plants.

If you haven't already started, now is the time to get the soil ready for your spring garden.

This is a good time to clean up houseplants by removing yellow and dead leaves and check for insects

Take the time to get your vegetable and flower beds ready for spring. Dig in compost and any fertilizers you might want to add.

There is some evidence that to get bigger earlier tomato plants start them in big containers and let them stay in those containers until the normal planting time. Don't try to rush them outside early. An eight-week old transplant should be in a 4" or 6" container.

Weed seeds are starting to sprout in some areas. It is easier to get rid of them now versus when they are a foot high.

GROWING AWARENESS :
5th ANNUAL SOUTHWEST YOUTH GARDENING CONFERENCE
February 22 - 23, 2002

Metro Tech High School, 1900 W. Thomas Road, Phoenix, Arizona

"Growing gardens with children is a living testament to how to restore our ancient ties to the natural rhythms of the earth itself."

Joseph Kiefer & Martin Kemple Digging Deeper, 1998

WHO SHOULD ATTEND?

Whether you are just beginning or looking to enhance or sustain a youth gardening project, this conference provides a dynamic combination of learning, resources and networking. Growing Awareness is designed for: Educators and Administrators, Youth and Community Leaders, Home-Schoolers and Parents, Agencies and Organizations that Support Youth Gardening, Cooperative Extension and Master Gardeners

WHY SHOULD I GO?

This year we are harnessing the incredible energy generated by previous Growing Awareness conferences to focus our attention on Youth Gardening in the multitude of environments in which it occurs: schools, youth development, programs, community centers, senior centers, etc. This conference is hosted at a school practicing gardening as a tool for teaching! This unique environment offers a one of a kind educational experience. From a line up of national and regional experts, to the hands-on training and built in networking activities, this conference will give you the tools and information to make your youth garden a success.

Meet leading experts in youth gardening.

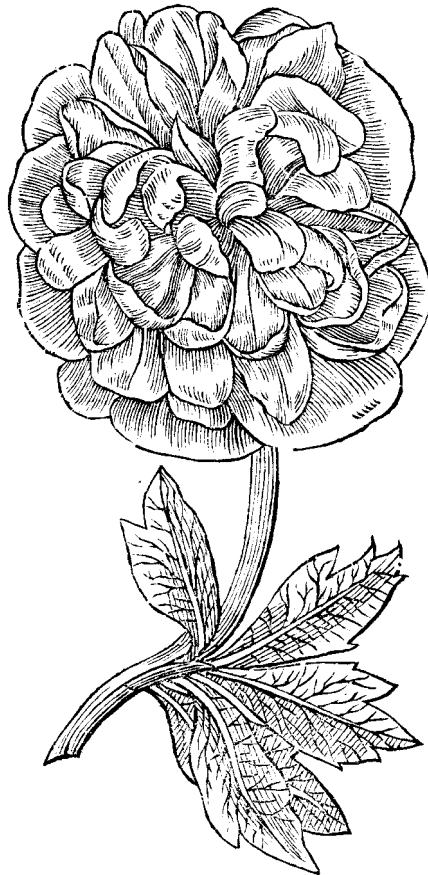
Learn how to assess, design and build sustainable and effective programs.

Learn valuable techniques for linking gardening to standards based curriculum.

Participate in fun hands-on workshops.

Be inspired by tours to diverse youth gardening programs.

Take home a wheelbarrow full of resources. Certificates of Completion for continuing education credit will be issued for conference attendance.



REGISTRATION and ACCOMMODATION INFORMATION: Visit Our Website: <http://ag.arizona.edu/youthgardens/growingawareness/>

CONFERENCE SCHEDULE

Friday, February 22

8:00 - 8:45 AM, Welcme Reception and Gettingt Know You Slide Presentation.

9:00-9:45 AM Hands in theGarden Workshop: Each workshop will present standards based activities as well useful tips and information for starting, expanding and enhancing your gardening program.

Workshop A: Put Your Worms to Work: Building Your Soil

Workshop B: Garden Assessment and Design

Workshop C: Greenhouse Green Thumbs and Plant Propagation

Workshop D: Theme Gardens

Workshop E: Garden Challenges and Tips: What to do if...

Workshop F: Plants that Have Been Around: Native Edibles for the Garden

9:50 - 10:35 AM

Hands in the Garden Workshops (repeat)

10:40- 11:25 AM

Hands in the Garden Workshops (repeat)

11:30 AM- 12:30 PM

EXHIBITORS

A variety of vendors and information booths will be available for you to explore at your leisure.

12:30 - 1:30 PM

LUNCH

1:30 - 5:00 PM

General Session: The Youth Garden Program Toolkit

Presented by Joseph Kiefer, Renowned youth gardening leader This powerful session will give you the tools you need to develop and sustain a thoughtful and effective youth gardening program. Kiefer helps us put the pieces together.



Topics covered in this session will include:

planning an integrated standards-based gardening unit, developing a comprehensive assessment plan-including continuous assessment and portfolio development, creating a culminating celebration, school-community partnerships, and student presentations/displays/exhibits showcasing their work at meeting specific standards.

Saturday, February 23, 8:00 AM to 9:45 AM CURRICULUM WORKSHOPS

These workshops will introduce you to powerful tools for incorporating gardening and agriculture, environmental and food security education into your curriculum. Each curriculum offers standards based activities and lesson-plans to enhance your program.

Workshop A: Project Wet & Focus WILD: Arizona

Workshop B: Food, Land and People & Project Learning Tree

Workshop C: Junior Master Gardener Program

Workshop D: Food System Curriculum

10:00 AM to 11:45 AM

Curriculum Workshops (repeat)

12:00 Noon to 1:30 PM

Lunch & Growing Awareness Awards Reception

Each year Growing Awareness acknowledges and awards the outstanding accomplishments of youth

gardening programs from throughout the Southwest. See enclosed nomination brochure for more information.

1:30 - 4:30 PM

YOUTH GARDEN PROGRAM TOURS

Conference attendees will be treated to a variety of urban gardening programs that serve youth through innovative programs and collaborative efforts. We will visit schools, community centers and neighborhood organizations and at each stop we will receive in-depth information on these inspiring programs.

4:30 - 6:00 PM EVENING RECEPTION

Local bounty transformed into mouth-watering succulence. Sound good? Join us for an evening of garden fresh food and live entertainment at Metro Tech High School.

6:00 - 8:00 PM

ART IN THE GARDEN EVENING WORKSHOPS

These workshops will bring out the artist in you! Renowned southwestern artists will lead a variety of workshops on creative expressions for the garden. Workshops will include: Tile Mosaics, Botanical Painting, Metalwork and Welding, Paper Making and more.



Master Gardener Association

The second meeting of the Master Gardener Association met in Prescott on January 16. Thank's to all that attended. I was glad to see a couple of folks from the Verde Valley attend. Next month the meeting will be in the Verde Valley and I hope more people from Prescott will come over. We'll try a bit harder to organize carpooling.

In the business meeting we reviewed the by-laws and asked for more volunteers for committees and offices. By the March meeting we will have the committees organized and you will be notified if you signed up. If you haven't signed up there is still time. Elections will be during the May meeting.

The highlight of the meeting was our speaker Ken Lain from Watters Nursery. We could have easily given him another hour to talk. He had lots of great gardening tips and answered questions. For example did you know that you should wait until February to plant roses and never buy waxed roses. California poppy seeds should be planted in the fall or if planting in the spring you should pop them in the freezer and then remove them a couple of times to recreate the natural freeze-thaw cycle they go through in nature. He also brought some great items for door prizes. Thanks Ken!

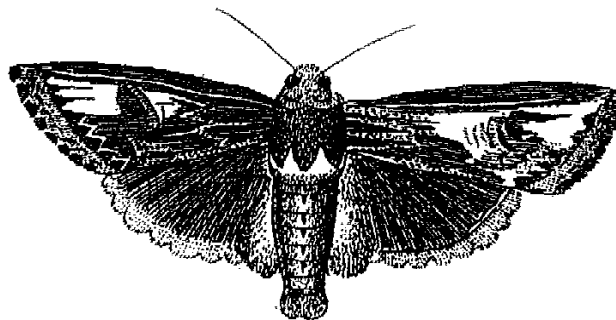
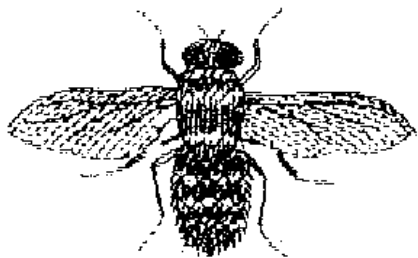
Upcoming Events:

Feb 9-10 Pecan & Wine Festival, Camp Verde. Mike Kily will be judging pecans.

Next Meeting March 20, Cottonwood

May 15, Prescott

July 20, MG Picnic, location to be decided



The "Arizona Master Gardener Manual" is now on-line. Check out <http://ag.arizona.edu/pubs/garden/mg/>

NOTE FROM THE EDITOR:

Let me know about your garden, the types of seeds you planted, interesting articles you found-anything of gardening interest. Send to:

Nora Graf

P.O. Box 3652

Camp Verde, AZ 86322

A handwritten signature in black ink, appearing to read "Jeff Schalaus".

Jeff Schalaus

County Director,

Yavapai County Extension Agent,

Agriculture & Natural Resources

Prescott:

P.O. Box 388

Prescott, AZ 86302

(520)445-6597

FAX: (520) 445-6593

E-Mail: jschalau@ag.arizona.edu

Cottonwood:

2657 Village Dr.

Cottonwood, AZ 86326

(520)646-9113

FAX: (520) 646-9108

Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture, James A. Christenson, Director, Cooperative Extension, College of Agriculture, the University of Arizona and Arizona Counties cooperating. The University of Arizona College of Agriculture is an equal opportunity employer authorized to provide research, educational information and other services only to individuals and institutions that function without regard to sex, race, religion, color, national origin, age, Vietnam Era Veteran's status, or disability. The information given herein is supplied with the understanding that no discrimination is intended and no endorsement by Cooperative Extension is implied. Any products, services, or organizations that are mentioned, shown, or indirectly implied in this publication do not imply endorsement by the University of Arizona.