

Beat The Heat!  
By Summer Brasuel  
UCCE Master Garden of El Dorado County  
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Hotter summers and less rain make us rethink the plants we want in our gardens. Heat tolerant, water-wise plants are just as charming and beautiful as our water-loving plants.

First consider native California plants. Due to our Mediterranean climate, most native plants fit the heat resistant, drought tolerant requirement. [Calscape.org](http://Calscape.org) was developed by the California Native Plant Society and is a great resource for native plants. Explore their website for planting guides, plant selection and garden planning.

Another great resource is the UC Davis Arboretum website <https://arboretum.ucdavis.edu/>. Explore this website and find a Sustainable Garden Toolkit and plant lists including one of our favorites, the Arboretum All-Star plant list that specialized in drought tolerant plants.

A local resource is our Sherwood Demonstration Garden. The Garden, located at 6699 Campus Drive, Placerville, located behind Folsom Lake College/El Dorado Center, features 16 themed gardens, several especially designed for our climate. Visit our website [https://ucanr.edu/sites/EDC\\_Master\\_Gardeners/Demonstration\\_Garden/](https://ucanr.edu/sites/EDC_Master_Gardeners/Demonstration_Garden/). Each garden has its own webpage with a plant list that can be downloaded and printed. The All-Star Garden, the Mediterranean Garden, and the Native Garden, specialize in plants that do well in our Mediterranean climate. Bring these plant lists with you as a start, wander the gardens, and take notes of the plants that you like. The Sherwood Demonstration Garden, is open every Friday and Saturday from 9:00 AM to noon. Also, on the first Saturday of each month there is a free garden tour. The tour starts at 9:00 a.m. sharp so do not be late! The docent may be able to answer your questions as you go.

A few flowering plants to consider are sun lovers like California Fuchsia *Epilobium canum*. It has bright red flowers that bloom all summer and attracts hummingbirds and other pollinators. Sulphur Flower *Eriogonum umbellatum*, displays long lasting bright yellow flowers that bring a colorful pop to the garden. Yarrow *Achille millefolium* is also a heat lover, coming in all shades of red, pink, yellow, and white. Salvias, both broad leaf and small leaf, love the heat, bloom all summer, and come in all colors of red, white, blue, and pink.

Add some height to your garden with sword-leafed Red-Hot Poker *Kniphofia uvaria* and make some room for the impressive Back Elder *Sambucus nigra* for its reddish stems, dark leaves, and long-lasting clusters of pink blooms.

Intersperse some edibles throughout your garden. Maybe a trio of rosemary bushes with purple, pink and white flowers for fragrance and cooking. Plant a Mediterranean bay tree *Laurus nobilis*, for its aromatic leaves and stately appearance. A pomegranate tree *Punica granatum*, offers unusual edible fruit and colorful flowers. Heat loving vegetables like okra with its big showy blossoms, ornamental peppers that explode in a riot of color and are also edible, and eggplant for its showy dark purple orbs are all perfect companions in a Mediterranean garden.

Don't forget ornamental grasses such as Muhly *Muhlenbergia capillaris* that look like clouds of pink or white, or the very well-behaved grasses such as Blue fescue *Festuca glauca*. Grasses also bring some nice texture to a garden.

Whether planting a garden from scratch or transitioning to heat tolerant and water-wise plants, the resources in this article will help you make a plan for a successful garden.

Master Gardener classes are offered monthly throughout the county. You can find our class schedule at: [http://mgeldorado.ucanr.edu/Public\\_Education\\_Classes/?calendar=yes&g=56698](http://mgeldorado.ucanr.edu/Public_Education_Classes/?calendar=yes&g=56698), and recorded classes on many gardening topics here: [http://mgeldorado.ucanr.edu/Public\\_Education/Classes/](http://mgeldorado.ucanr.edu/Public_Education/Classes/).

The Sherwood Demonstration Garden is open weekly on Friday and Saturday from 9 a.m. –noon, March through October. We do close in case of rain, please check our website for details [https://ucanr.edu/sites/EDC\\_Master\\_Gardeners/Demonstration\\_Garden/](https://ucanr.edu/sites/EDC_Master_Gardeners/Demonstration_Garden/)

Have a gardening question? Master Gardeners are working hard to answer your questions. Leave a message on our office telephone: 530-621-5512, or use the “Ask a Master Gardener” option on our website: [mgeldorado.ucanr.edu](http://mgeldorado.ucanr.edu). We'll get back to you! Master Gardeners are also on Facebook, Instagram, and Pinterest.

For more information on the UCCE Master Gardeners of El Dorado County, see our website at <http://mgeldorado.ucanr.edu>. To sign up for notices and newsletters, see [http://ucanr.edu/master\\_gardener\\_e-news](http://ucanr.edu/master_gardener_e-news).