

the coastal gardener

quarterly newsletter

<https://ucanr.edu/sites/hdnmastergardeners/>



photo: Jay Nord, UCCE Master Gardener



Caring for Plants While Caring for Yourself and Others

—Jay Nord, UCCE Master Gardener, Humboldt and Del Norte Counties

At Sapience Therapeutic Farms, we sow the seeds of possibilities that cultivate independent skills, community, and wisdom.

When describing what this crazy idea of mine is, I felt that the vision statement was the best way to start this article. It shaped how I developed this from idea to conception and now growth. However, to get the full picture of how I could pull off something like this, we need to return to the 1900's.

In 1997, while working a retail job in the Bayshore Mall and attending College of the Redwoods, I saw a job advertisement that asked for someone to come work with their 4-year-old child with autism. Autism was something I had very little knowledge of, but I seemed to have a knack for

working with children and thought it was a good way to get some skills and learn something new.

Over the next 25 years, I was able to accomplish all the goals I had set for myself (and some I didn't). At Humboldt State University (now Cal Poly Humboldt), I obtained my BA in Psychology in 2000. Soon thereafter I was able to start my own behavioral consulting business and became a vendor of the Redwood Coast Regional Center as a Behavior Management Assistant.

After about a year with my own business, I was at a behavioral conference and met the owner of an agency trying to expand into Humboldt. Dr. Ira offered me a job that same day, and I soon began to work for one of the first behavior agencies in Humboldt County that specialized in

applied behavior analytic work. Applied Behavior Analysis (ABA) is research-based therapy that helps people learn new skills and improve their behavior. ABA focuses on how behavior is affected by the environment and how learning takes place. It helps build the skills needed to talk, play, and live."

During my time working for this agency, I was able to go from direct 1:1 work with clients to being promoted to Clinical Director of the agency that at the time, served clients in Humboldt, Del Norte, Mendocino and Lake Counties. My duties as Clinical Director included recruiting and hiring staff, interviewing potential families for intake, completing intakes of new clients, creating the office budget, providing ABA directly to clients and their family as well as managing the consultants and 1:1 staff. During my time with that agency, I went back to school and received my MA in Education with an emphasis in applied behavior analysis and soon after I received my Board-Certified Behavior Analyst (BCBA) credential.

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Caring for Plants While Caring for Yourself and Others

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photos: Jay Nord,
UCCE Master Gardener

Life was great, I had a good job that I was respected for my knowledge, skills and being the person, I wanted to be...and then COVID! Like most of the world, it spun me for a loop and made how I did my work impossible or at least one of the biggest challenges I have ever faced. However, on the flip side to that crazy experience, we suddenly had a bit more time on our hands because we weren't supposed to leave our homes. I was working from home. I was working from my home office in our 1961 Shasta camp trailer and decided I wanted to rip out all the "grass" in my front yard and start all over again with a garden. What happened after that moment has changed my life.

Every day, I was out in the yard cleaning, prepping beds, and planting flowers and veggies when I noticed something that didn't happen very often in my neighborhood. My neighbors and people walking down the street would stop and say "hi" or comment about the yard in some way. That interaction made me think about the connection we have with plants and how that connection can strengthen our connection with people. Light bulb! What if I had space to grow plants of all kinds where people with developmental disorders could come out and learn how to care for them while learning how to care for themselves?



So, what does one do with an idea so large and so new? Quit their well-paid job of course! With the support of my amazing wife, we tightened our belts and cut out non-essential spending so I could go back to school and learn how to be a better gardener and learn some new skills. I found an online program to become a Horticultural Therapist from the University of Tennessee and was accepted to that program as well as the program you all know me from, the Master Gardener Program.

Then in 2022 we started our own business, and I completed a very lengthy service design for the Redwood Coast Regional Center, and I was referred my first client.

Luckily, we could find a little land to lease to get this all started on and the first

year was amazing, but I needed my own property if I was going to run this program like I had pictured. In September of 2023, we found a piece of property and were able to purchase it. We now have 11 acres of amazing trees, native plants, wildlife, and farmland. Clients now get to come out to enjoy and learn about how the life of a plant is related to ours and how we treat the plant is very similar to how we treat ourselves and others. The more we nurture the plant, give it the basics of what it needs, it will thrive, grow and give us bounty...the same way life does.

There are currently 9 people that come out to the farm on a weekly basis. They range in abilities from nonverbal and just along for the ride to owning their own microenterprise and making woodworking projects to sell or getting paid to work on

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Caring for Plants While Caring for Yourself and Others

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the farm every week. When clients arrive, we typically will start with going to see what new things have bloomed or pet the goats and chickens. All participants are involved in some part of the farm process, such as planting seeds, harvesting products, processing the product for sale, or maybe just putting woodchips onto pathways. No matter what the skill level of that individual, we can figure out a way for them to participate and be part of something bigger and help to feed our community.

The people that come out to the farm range in ages from 9 years old to 35 years old. If the participants desire, I try to foster any sort of entrepreneurial skills for the clients so they can create something that someone else wants to purchase and use or decorate their home with. As well as entrepreneurial skills, they also have the opportunity to learn interpersonal skills with the community. We go to multiple farmers' markets and interact

with people all over the county. The community gets a chance to become more aware of the neurodiverse population we have here and what skills they have.

As I look around the farm, I see that this journey that we are on is just beginning, and there is no telling what ideas we will come up with to make this crazy idea of teaching behavioral skills through agriculture even better.

- [Become a Master Gardener, UC Master Gardeners of Humboldt and Del Norte Counties](#)
- [Horticultural Therapy Program, University of Tennessee, Department of Plant Sciences](#)
- [UC Master Gardener Program](#)
- [Who We Are, UC Master Gardeners of Humboldt and Del Norte Counties](#)

Garden Tasks for October, November, and December

—Compiled from UC ANR Master Gardener websites

Not ready to hang up your gardening tools as we head into late fall and winter? Consider these plants and garden tasks for October, November, and December.

- **Sow cover crops** (also called green manure or compost crops). Bell beans and vetch are good choices. If you'd like more information about common cover crops for California, [visit this USDA site](#).
- **Plant**
 - Artichoke
 - Fava beans
 - Garlic
 - Radish
 - Spring flowering bulbs
 - California natives. Visit [Native Planting Guides from the California Native Plant Society](#) for suggestions for your location.
- **Divide spring and summer flowering perennials.** The University of Minnesota Extension offers an excellent resource for [how and when to divide perennials](#).
- **Compost old crops** (be sure they are disease-free) and leaves. Cover the compost pile once the rains begin.
- **Spray Horticultural Oil** on deciduous fruit trees, roses, and berry bushes. Always read and follow all label directions for proper timing and rates dependent on the stage of the pest's life cycle.

- **Clean, sharpen, and oil** your garden tools.
- **Plan your spring garden**

How and when to divide perennials, University of Minnesota Extension

<https://extension.umn.edu/planting-and-growing-guides/dividing-perennials>

Planting Calendar for Humboldt and Del Norte Counties, Cool Season Vegetables, UC Master Gardeners of Humboldt and Del Norte Counties

<https://ucanr.edu/sites/hdnmastergardeners/files/323462.pdf>

Recommended planting dates for major regions of California, California Native Plant Society

<https://mg.ucanr.edu/Gardening/Vegetable/Preparing/PlantingTime/>

Seasonal Landscape IPM Checklist, UC IPM

<https://ipm.ucanr.edu/home-and-landscape/seasonal-landscape-ipm-checklist/checklist/?region=7#gsc.tab=0>

Your Alameda County Garden, Month-by-Month, UC Master Gardener Program of Alameda County

https://acmg.ucanr.edu/Your_Garden_Month-by-Month/

What Is a Geophyte?

—Lisa Nedlan, UC Master Gardener

Is it a rock formation? A person who studies the earth? Something horticultural? What...

If you picked something horticultural, you are correct! Simply put, geophytes are perennial plants with underground storage systems. Geophyte means “earth plant,” and the term was first used over a hundred years ago to describe plant species that produce modified, underground structures to store nutrients and water, and they are specifically adapted to survive periods of harsh environmental conditions. Things like cold, heat, drought, fire, and grazing animals. These underground storage containers are active, and when conditions are right, they grow, bloom, and reproduce.

The term “bulb” is often used to refer to tubers, corms, rhizomes, and true bulbs.

Bulbs are available in a wide variety of sizes, colors and forms.

They provide us with flowers, herbs and vegetables.

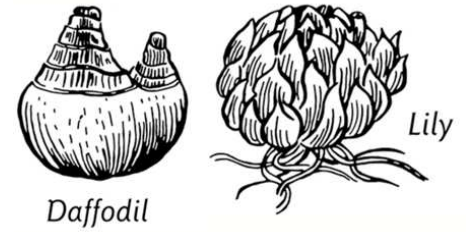
They are easy to grow.

Geophytes have a built-in emergency readiness kit in their underground storage system; some are great for eating, while others are attractive in your ornamental garden. Many gardeners use the term “bulb” to describe these wonderful plants that sprout green leaves and colorful blossoms seemingly out of nowhere. Geophytes include bulbs (true bulbs), corms, tubers, tuberous roots, and rhizomes. Each type has its own underground structures, cultivation and propagation needs. Let’s look at some of the common types of geophytes found in Humboldt and Del Norte Counties, as well as your local grocery store:

True Bulbs

Narcissus, alums, Dutch Iris, tulips, amaryllis, onions and garlic.

The buds are inside the bulb surrounded by modified leaves called scales. The scales are used for storage and surround the internal buds. Sometimes they have a papery skin called a tunic. To propagate—bulblets (daughter bulbs) can be pulled from the base of the old bulb and then replanted.



Corms

Gladiolus, crocus, crocosmia, freesias.

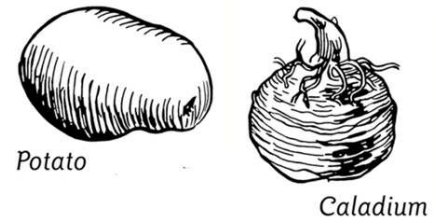
Corms have short, swollen stems arranged vertically in the soil. The buds are external and located at the top of the corm. The inside is solid, and nutrients are stored here. Sometimes has a tunic. To propagate—offsets/cormels can be removed from the bottom of a new corm.



Tubers

Potatoes, caladium, taro (elephant’s ear).

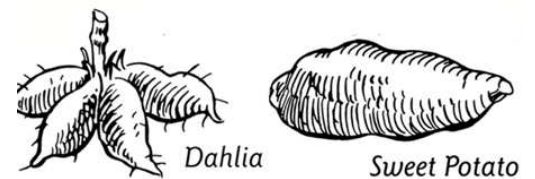
Tubers are modified stems with buds (eyes) formed on the surface of the tuber. The interior is solid, and this large underground stem is used for storage. To propagate, cut into sections and make sure each section has an eye/bud for success.



Tuberous Roots

Dahlias, sweet potatoes, peonies, cyclamen.

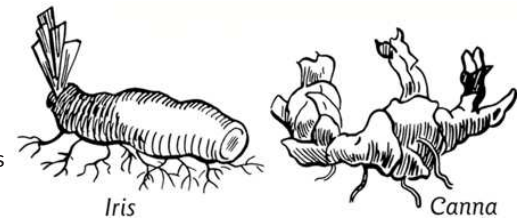
Tuberous roots are enlarged, modified fleshy roots used for storage. Buds are produced on one end, roots on the other. Propagate by division—each crown should have several buds/eyes and some storage roots.



Rhizomes

Bearded iris, calla lilies, ginger, cannas, Turmeric, and water lilies.

Rhizomes are modified plant stems that grow horizontally underground at or just below the soil surface, sending out shoots and roots from nodes. Nodes/buds are external, on the surface of the rhizome. The interior is solid, and the solid stem tissue is used for storage. To propagate—cut into sections with at least one bud.



[Bulb type images University of Georgia Extension](#)

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What is a Geophyte?

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In our area, October, November, and early December are the months to plant Spring flowering bulbs, rhizomes, tuberous roots, and corms. These include daffodils, anemones, hyacinths, bearded irises, tulips, lilies, native Pacific Coast irises, alums, and crocus. Sources for bulbs include local nurseries, seed/bulb catalogs, and fellow gardeners who use this time to divide and propagate their plants.

Cultural Needs

SOIL: They need well-drained soil. Drainage is critical to keep them from rotting; consider planting in raised beds on a slope or in containers. They prefer loamy or slightly sandy soil, which provides drainage and nutrients.

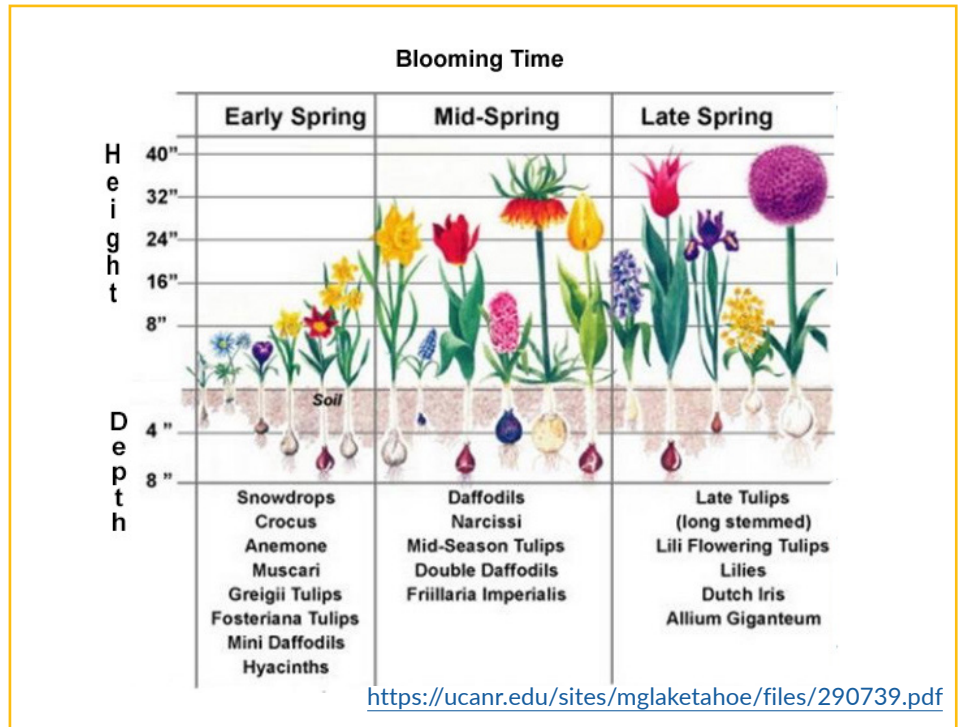
SUN: Consider the needs of the specific plant. Some prefer full sun (5 to 6 hours per day), and others prefer partial shade. Select the location accordingly.

SELECTION: Look for bulbs that are firm to the touch, not soft or spongy. They shouldn't have any signs of disease, mold, or severe damage. They should show little or no root growth or sprouting. Lilies are the exception and may have fleshy roots attached.

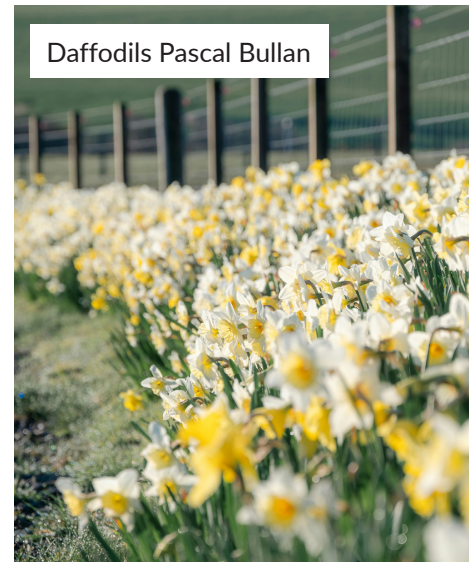
PLANTING: Plant in clusters for visual impact and consider bloom time to enjoy a more extended season of blooms. You will want to plant with the growth points "up" and the root scars "down." Planting depths vary, and a general rule for true bulbs, corms, and tubers is to plant them three times as deep as the bulb is wide. Plant rhizomes and tuberous roots with growth points covered with three or four inches of soil.

Some gardeners find it helpful to use markers where they have planted so they can monitor a particular plant's successes and challenges. A quick internet search will give you ideas for markers. I like to use photos of the area planted and golf tees.

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Anemone Annie Spratt

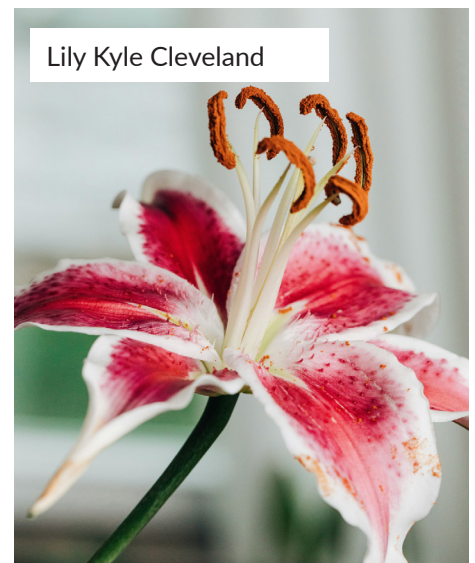


Daffodils Pascal Bullan

photos: UCANR



Iris Sheila Swayze



Lily Kyle Cleveland

What is a Geophyte?

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WATER: Water the newly planted bulbs and irrigate regularly until the fall/winter rains begin. Water them while they are actively growing and until the foliage dies back. Be sure to water deeply enough to reach the root zone.

FERTILIZER: Healthy mature bulbs store all the nutrients they need in their underground storage systems. The best time to fertilize is after blooming. According to Bulbs and More from the University of Illinois, five tablespoons of 10-10-10 soluble fertilizer or a similar “bulb” fertilizer plus two cups of bonemeal can be used for an area of 10 square feet in size.

REPEAT BLOOM: Isn't that why we plant them? By the end of the season, the nutrient stores will have been used up. To replenish and build up the reserves for next year, it is essential to leave the bulb in the ground and allow the remaining leaves to gather as much sunlight as possible—don't cut those leaves and allow them to die back naturally.

PESTS: Snails will eat the leaves and blossoms; handpick or trap them. See [How to Manage Snails and Slugs in Gardens and Landscapes from UC IPM](#). Gophers, moles, voles, mice, and squirrels find bulbs delicious (although they avoid daffodil bulbs because they taste bitter and are mildly poisonous). You can protect your bulbs by planting them in cages made from $\frac{1}{4}$ - $\frac{1}{2}$ inch wire. Containers and raised beds with wire mesh lining can also help.

Looking to extend your flowering season? Summer and Fall blooming bulbs, such as gladiolas, dahlias, begonias, cannas, and calla lilies, are usually planted in the Spring after the threat of frost, as they are not winter hardy. Sometimes, these bulbs are called tender bulbs. More about these plants will appear in a future issue of *The Coastal Gardener*.

Resources

For detailed information about bulbs and geophytes, visit <https://progp.ifas.ufl.edu/#07-geophytes>

Questions and Answers about Growing Bulbs <https://extension.illinois.edu/flowers/bulbs>

Spring Blooming Bulbs—Planting, Growing and Dividing, by Becca Harper, <https://ucanr.edu/sites/mglaketahoe/files/290739.pdf>

Summer and Fall Blooming Bulbs, Penn State Extension, <https://extension.psu.edu/summer-and-fall-blooming-bulbs>

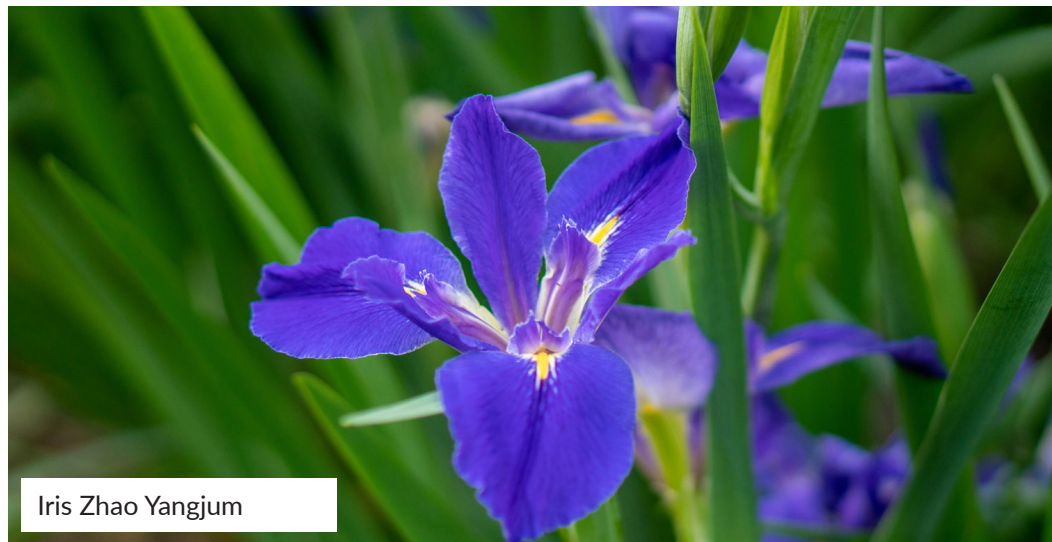


Narcissus Sarah Hongerl

photos: UCANR



Tulips Krystina Rogers



Iris Zhao Yangjum



Seasonal IPM Summer Guide for the North Coast Region

Integrated Pest Management



Advice to Grow By...

A free public service available to home gardeners in Humboldt and Del Norte Counties.

Have questions about plants, trees, shrubs, insect or animal pests, fruits and vegetables, weeds, invasive plants, succulents, houseplants, lawns, or something else?

Submit your question online [here](#).

Are you interested in learning more about incorporating integrated pest management (IPM) strategies to prevent pests in your garden and landscape?

If so, visit the [Seasonal Landscape IPM Checklist](#), select your region (North Coast for Humboldt and Del Norte), select the month you are interested in, and learn about keeping landscapes healthy and managing common pests.

You can also subscribe to receive an automated email every month. Just follow the link on the Seasonal Landscape IPM Checklist page.

Ever Thought About Becoming a Master Gardener?

Join Our Team of Volunteers

Our next Master Gardener training will take place January–May 2025.

If you like gardening, are interested in science-based horticulture, have a volunteer spirit, and would enjoy sharing your knowledge with the public, then this may be for you! UC Master Gardeners are trained in horticulture and use their training to give talks and classes, answer help desk questions, work in local demonstration gardens, answer questions at events, and so much more.

We welcome applicants from all walks of life with diverse backgrounds and experiences.

Learn about the application process: https://ucanr.edu/sites/hdnmastergardeners/Become_a_Master_Gardener/

Mandatory orientations are happening this month! There are three options for attending. Choose the one that works best for you:

- **Wednesday, October 16th, 5:30-7 pm**
In Person: Eureka, UCCE Humboldt, 5630 S. Broadway, Eureka, CA 95503.
- **Wednesday, October 23rd, 5:30-7 pm**
In Person: Crescent City, Location TBD.

photo: UCANR

- **Wednesday, October 30th, 5:30-7 pm**

Via Zoom

To REGISTER, click the link below:

<https://ucanr.zoom.us/meeting/register/tJcude2trjwqE9e93zfJGFxjGCmWEK7-tiny>

and you will be sent the Zoom link and log in information.



These meetings are intended to familiarize you with the UC Master Gardener program's mission and activities, describe the training process and time commitments, and answer your questions about becoming a UC Master Gardener.



Thank you, Humboldt/Del Norte Counties UC Master Gardener Volunteers— for your 2023–24 Service Hours!

Sunday, September 8th, 2024, was a beautiful day for a potluck gathering, celebration, and recognition of the UC Master Gardeners of Humboldt and Del Norte Counties. We celebrated our achievements as our group of 30 Master Gardeners logged an impressive 1,467 volunteer service hours this past program year.

Several members reached milestone recognition for lifetime hours as of June 30, 2024.

- **1000 hours**, Gold Membership Card—Tom S.
- **750 hours**, Pruning Shears Pin—Maria K.
- **500 hours**, Watering Can Pin—Terry A., Jody D., and Rita Q.
- **250 hours**, Trowel Pin—Grant E. and Lisa N.
- **100 hours**, a “Busy” Bee Pin—Birgitte E., Keyt F., Jody G. Linda P., Annie S., Martha S., and Denise V.

On behalf of the entire community, we extend our heartfelt congratulations and deepest gratitude to each and every one of you for your dedication and hard work. Thank you.

The mission of the University of California Master Gardener Program is “To extend research-based knowledge and information on home horticulture, pest management, and sustainable landscape practices to the residents of California and be guided by our core values and strategic initiatives.”

Examples of community outreach from UC Master Gardeners

- Demonstration and community gardens
- School gardens
- Classes and workshops
- Websites, blogs, and social media
- Advice to Grow By/Help Desk
- Fairs & Farmers Market
- Tabling events
- Print and digital media

How UC Master Gardeners make a difference

- Promote environmentally responsible and sustainable horticultural practices

- Reduce fertilizer and pesticide pollutants
- Protect water quality and promote water conservation
- Compost green waste, reducing landfill materials and improving air quality
- Detect and manage invasive species
- Raise fire protection awareness

We will offer a Master Gardener Training and Certification Program In January 2025. For more information visit https://ucanr.edu/sites/hdnmastergardeners/Become_a_Master_Gardener/



photos: UCANR

