

GROWING PAINS



Newsletter for the MiraCosta Horticulture Club of Oceanside

October 2019

Web-site: www.mchclub.org

President: Ed Lopez lopezedward@cox.net

Secretary: Susan Duey susanduey@cox.net

Editor: Kim Cyr 760-598-3368

e-mail: ritz4petz@roadrunner.com

Announcements

Our October meeting will be in the Garden Room, Alta Vista Botanical Gardens Inside Brengle Terrace Park, 1270 Vale Terrace Drive Vista, Ca 92084 Phone 760-945-3954 Enter from Vale Terrace and turn on Jim Porter Parkway, past the Gloria McClelland Adult Center on the right, continue up the hill, and the entrance to the AVBG is on the left. There is parking there and parking inside the gardens.

Agenda for Saturday, October 19, 2019

11 am to 3 pm

11:00 Doors open

Coffee and cookies

11:15 Please arrive for workshop

11:30 Workshop by Eileen Ford "The Magic of Decorating Miniature Pumpkins"

We have pumpkins and supplies planned for 22 members.

12:30 Call to Order

Welcome from Alta Vista Gardens Michelle Pettite and Joi Walsh

Announcements and Member Plant Drawing

12:50 Guest Speaker Tom Stephens "Raptors and the Installation of Owl Boxes"

2:00 Raffle

2:45 Cleanup

Presidents Report

New Venue:

Our October 2019 meeting will be at the Alta Vista Botanical Gardens, in the Garden room, a separate building just left to the lovely retail Garden Shop. We have use of the clubhouse kitchen, so there will be coffee, cookies and cake. I will post signs outside the entrance.

The contract was negotiated by Ed Fitzgerald, our Program Chair, and I appreciate his time and effort to secure this beautiful location. If you have not been to the Gardens for a while, you will be very impressed with the new beds, the 12 named garden areas, sculptures, walkways, benches and overall relaxing and peaceful respite from the busy world. The new Palapa covered area offers a great view of the Vista Valley and there is a cool breeze that blows through the open area, and sitting there admiring the view and feeling the breeze in the garden is energizing and therapeutic. As you can tell, I am very pleased to have Alta Vista Gardens as our new venue. I want to thank the Alta Vista Board of Board of Directors, especially Ken Buchard, for making all of this happen for us. I have included driving instructions and map.

September 9, 2019 meeting:

I am sure you will agree that Derrick Platz was an energetic and engaging speaker, sharing his passion for horticulture and working at West Coast Tomato Growers. The farm grows beefsteak and Roma tomatoes on poles, and broccoli Derrick had a short video of the farms and beautiful



landscape. His comment that Priya, manager, could name every plant, showed his dedication and struck a chord in all of us, as we, too, know our plants individually, and care about their health. Our group had lots of questions, which is our favorite program format, and Derrick answered perfectly, with humor and energy. Derrick is a Marine and told us about his military service and about his continued education in nursery management, crop production, business and kinesiology degrees. Derrick has CCA and PCA licenses.

Derrick has offered a tour of the greenhouses later this year, and we will announce this tour when dates are available.

Palomar District Meeting:

I will be attending the October 14, 2019 Palomar District meeting in San Diego. Most of you know that we are a member of the Palomar District which consists of 25 San Diego Garden/Horticulture clubs, and in turn we are a member of the California Garden Clubs, GGI. You should be receiving your state newsletter this week. If you have any suggestions or concerns, please email me or call me @ 760-295-5917. I want to hear from you.

Ed Lopez

Workshop, October 19, 2019 meeting:
Eileen Ford, member, will lead the workshop and demonstrate how to make small pumpkin planters, which will be filled with succulents and lots of greenery. The workshop is planned for 22 members, so please arrive by 11:15 am for the special workshop which will start at 11:30 am. Eileen Ford gave this hands-on workshop last year and it was huge success. Thank you, Eileen, for sharing your special talent and skill.

Looking ahead:

Workshop: November 9, 2019:
Let's get ready for Christmas. I will have plants, pots, bows, pinecones, ribbons and ideas to demonstrate making special Christmas gifts for friends or self. This workshop has space for 22 members, so arrive at 11:15 am and we will start at 11:30 am.

December 14, 2019 meeting:
Our annual Christmas potluck and Chinese raffle.

"I like gardening- it's a place where I can find myself when I need to lose myself."
Alice Sebold

How Plants Move

Connie Holland

My kitchen window overlooks my gardens and recently I noticed a foxglove (*digitalis purpurea*) with a tall bud spike, somewhat out of its normal springtime blooming. Watching it develop, I noticed that day-to-day it moved in a rather extreme bending action. Digging out my botany books, I was reminded that plants can move in a variety of ways. While we normally think of plants as "rooted" to a spot, they are sneaky and do move around!

A familiar movement is in response to light. I think that is what my foxglove was doing, moving towards the morning and afternoon sunlight, a movement called "phototropism". Specialized cells known as auxins or plant hormones control growth by stimulating cell elongation. It is well accepted that phototropic bending of stems and roots results from cells on one side elongating faster than cells on the other side, thus causing the plant to bend and change the direction of its growth in response to available sunlight.

Other less familiar plant movements can result from response to: temperature, "thermotropism", chemicals, "chemotropism", gravitational response, "geotropism" and response to water, "hydrotropism". While plants cannot detect water at a distance, if they do detect water in their nearby environment, they are able to direct growth in the direction of a greater water concentration. Some tree species have a reputation for finding their way into water pipes and sewer systems where they are simply taking maximum advantage of greater nearby water concentration. Plants also respond to water by rapidly growing when it is present and slowing growth when it is not.

One type of plant movement more familiar to us is response to touch or external stimulus. Think of the mimosa tree or oxalis houseplant that folds its leaves when touched or disturbed. This type of movement is called "nastic" (from the Greek word meaning to press). Another familiar response to temperature, "thermotropism", can be seen in winter when rhododendrons display downward leaf curl in extremely cold weather. This movement is thought to be a way of preventing water loss through stomata cells on leaf undersides. Perhaps the most familiar response to touch is that of a Venus Fly Trap's snapping shut when an insect touches two of its sensitive hair triggers. Other more benign movement occurs in some flowers,

such as Moss Rose (*Portulaca*), that close their petals at night.

Some plants move their seeds. The native woodland celandine poppy and annual *Vinca* are familiar examples of plants that "move" or spread via explosive seedpods. Just barely touch a mature seedpod and watch how it will pop open flinging seeds away from the parent plant. Roots exhibit chemical response, "chemotropism", by concentrating their growth in regions of high nutrient concentration and are sensitive to chemical compounds that can signify the presence of beneficial or harmful bacteria and fungi.

Anyone who has seen a morning glory coiling around a support has observed "thigmotropism" in action. This response occurs following a "force contact," in which the curving direction of a tendril in contact with a rigid surface is toward that surface, resulting in coiling around it. At the cellular level, a combination of cell elongation and changes in cell pressure are responsible for generating growth along or around a solid object. Some tendrils will begin to curve within less than a minute of a contact stimulus. Cell membrane protrusions transmit a signal acted upon very rapidly by an unknown mechanism. Time-lapse photography has shown tendrils even waving around as though in search of a twining support.

Plants move and react to things in their environment in all kinds of ways and for all kinds of reasons. Think about some of these the next time you see a morning glory!

The Meaning Of Latin Plant Names

Amy Grant

There are so many plant names to learn as it is, so why do we use Latin names too? And exactly what are Latin plant names anyway? Simple. Scientific Latin plant names are used as a means of classifying or identifying specific plants.

Unlike its common name (of which there may be several), the Latin name for a plant is unique to each plant. Scientific Latin plant names help describe both the "genus" and "species" of plants in order to better categorize them. The binomial (two name) system of nomenclature was developed by Swedish naturalist, Carl Linnaeus in the mid 1700s. Grouping plants according to similarities such as leaves, flowers and fruit, he founded a natural order

and named them accordingly. The "genus" is the larger of the two groups and can be equated to the use of a last name like "Smith." For example, genus identifies one as "Smith" and the species would be akin to an individual's first name, like "Joe."

Combining the two names gives us a unique term for this person's individual name just as combining the "genus" and "species" scientific Latin plant names gives us a unique botanical nomenclature guide for each individual plant. The difference between the two nomenclatures being, that in Latin plant names the genus is listed first and is always capitalized. The species (or specific epithet) follows the genus name in lowercase and the entire Latin plant name is italicized or underlined.

Why Do We Use Latin Plant Names? The use of Latin plant names can be confusing to the home gardener, sometimes even intimidating. There is, however, a very good reason to use Latin plant names. Latin words for the genus or species of a plant are descriptive terms used to describe a specific type of plant and its characteristics. Using Latin plant names helps to avert confusion caused by the often contradictory and multiple common names an individual may have.

In binomial Latin, the genus is a noun and the species is a descriptive adjective for it. Take for example, *Acer* is the Latin plant name (genus) for maple. Since there are many different types of maple, another name (the species) is added to for positive identification. So, when confronted with the name *Acer rubrum* (red maple), the gardener will know he/she is looking at a maple with vibrant red fall leaves. This is helpful as *Acer rubrum* remains the same regardless of whether the gardener is in Iowa or elsewhere in the world. The Latin plant name is a description of the plant's characteristics.

Take *Acer palmatum*, for example. Again, 'Acer' means maple while the descriptive 'palmatum' means shaped like a hand, and it is derived from 'platanoides,' meaning "resembling the plane tree." Therefore, *Acer platanoides* means you are looking at a maple that resembles the plane tree.

When a new strain of plant is developed, the new plant needs a third category to further describe its one-of-a-kind characteristic. This instance is when a third name (the plant's cultivar) is added to the Latin plant name. This third name may represent the developer of the cultivar, location of origin or hybridization, or a specific unique characteristic.

While it isn't necessary to learn scientific Latin plant names, they may be of significant aid to the gardener as they contain information regarding specialized characteristics among similar plant species.

What is CBD and Why Does it Work?

What is CBD?

CBD (Cannabidiol) is one of over 60 compounds found in hemp and marijuana. It's the second most prevalent compound (second only to THC) in cannabis. CBD belongs to a class of molecules called phyto-cannabinoids.

CBD, is unique in the sense that, unlike THC, it does not feature psychoactive properties. Due to the absence of this feature, it is possible to utilize the healing properties of CBD without getting high.

How CBD Works

Our body has a life-essential regulatory system based on biochemical relationships that help us to maintain equilibrium. It's called the Endocannabinoid System (ECS).

Discovered in the 1990s, the ECS is thought to be one of the most vital and vast receptor systems in our body for sustaining good health. It affects many of our biological processes. Not just for humans, but also for all vertebrate animals.

Cannabinoid receptors are found throughout the human body embedded in the cell membranes that are responsible for regulating multiple processes that we experience daily including mood, appetite, memory and pain sensation. When they're activated, it can be by naturally occurring endocannabinoids in our body, as well as by the phyto-cannabinoids found in hemp and cannabis.

How CBD helps with pain

CBD most readily affects pain by recruiting receptors in the immune system that reduce pain by diminishing the pain signals sent to the brain. CBD also increases the activation of serotonin receptors which make us feel better, happier and less acutely aware of or affected by pain. This is why it is also used for anxiety.

PENNIES FOR PINES

Chrysanthemums

Bonnie L. Grant

Chrysanthemums can be both annual and perennial plants. There are several species of chrysanthemum, with some being hardier than others. The perennial type are often called hardy mums and the annual type are called florist mums. Whether your chrysanthemum will come back after winter depends upon which species you have.

Typically, hardy chrysanthemums are perennial plants that die back in the winter, then sprout back up in mid to late spring. Once they reach a height of around 5 inches, they will begin setting bloom buds.

The perennial, fall-flowering form is *Chrysanthemum x morifolium* and the annual variety is *Chrysanthemum multicaule*. If your plant came without identification, note that the annuals have thinner, strappy leaves that are not as toothed as the perennials, which are wide and deeply notched. Also, garden mums tend to have smaller flowers than the annual potted variety.

Even a perennial, hardy chrysanthemum needs a little TLC to survive year-round. Potted plants can be deadheaded and installed in well-worked soil with good drainage after they are finished blooming. You may choose to cut back the stems to 2 inches from the ground in late fall or leave them until early spring.

Garden mums are hardy to United States Department of Agriculture zones 5 to 9 but will benefit from a blanket of mulch in the cooler regions. Avoid piling mulch around the stems, as it may promote rot. Divide your mums every few years to promote healthier plants. Pinch plants back from early spring to mid-July every 2 weeks for tighter, compact plants with a dense covering of spectacular flowers. Water regularly and fertilize in July.

To get plants covered in buds, commercial growers will shear off the first set, wait for the second set, shear again, then shear once more on or near July 4th. This causes the plant to bush out more growth for a larger plant. Come mid Sept., they are full of bloom buds to begin popping open for a very showy fall decoration plant.

