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Cool Season Gardening
Garden Tours & Classes
Delegates Visit The Garden

WINTER 2018



OUR MISSION

To inspire positive change in the living environment through the conservation of water and other natural resources.

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InBloom Production

InBloom is published quarterly by The Water Conservation Garden and mailed as a benefit to members. Content and photos by Garden staff, and Docents/Volunteers unless otherwise noted.

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Photographer: Ronni Silver

Designer: H Street Design Studio
Printer: Neyenesch Printing

message from the EXECUTIVE DIRECTOR

Always remember that "Beauty surrounds us, but usually we need to be walking in a garden to know it." - Rumi

As with the seasons, The Garden experiences changes as well. Rather than 'Goodbye' I prefer to say 'Thank You'. Thank you for your support of The Garden and for entrusting me with the leadership role of this amazing place. Thank you for the experiences, the friendships and the time I got to have with the Board, staff, docents, volunteers and supporters all of whom give 110% to ensuring this organization stays strong, beautiful and focused on sustainable education for future generations.



I am very excited to introduce Jennifer Pillsbury as my successor. I have known Jennifer for many years and I am confident that she will be an incredible and innovative leader. She comes to us with many years of experience in the betterment of self through nurture, nature and philanthropy.

- *Exiting Executive Director, Elyssa Robertson*

I am truly blessed to be asked to lead an organization as beautiful and important as The Water Conservation Garden. I cannot wait to build upon all the hard work of the staff, Docent/Volunteers and Board members and to spread the word about the importance of sustainable living. I look forward to utilizing my experience in the philanthropic world of San Diego County to make The Garden even more successful. Please stop by The Garden and say 'Hi', I would love to meet you all!



- *Entering Executive Director, Jennifer Pillsbury*

The following are agencies that constitute the Joint Powers Authority (JPA) that owns The Garden and provides major funding:



The Garden is managed by The Friends of The Water Conservation Garden, a nonprofit organization, tax ID no. 20-4395919.

HOURS

The Garden and Gift Shop are open daily from 9am to 4pm (except major holidays). On Sundays the Gift Shop is open from 11am-3pm. See the "Plan Your Visit" page at TheGarden.org for more information.

**THE GARDEN WILL BE CLOSED ON THE FOLLOWING HOLIDAYS THIS WINTER:
Christmas Day (Tuesday December 25), New Year's Day (Tuesday January 1)**



Get Social With Us!

Keep up with the latest on news, events and more!



Winter Gardening Tips

1 PRUNING!

The best time to prune is when trees and shrubs are dormant. Structurally-pruned trees will withstand harsh winds during a storm and avoid branch breakage. Roses appreciate strong winter pruning to produce fresh healthy canes and prolong the life for a healthier plant. In general, reserve heavy pruning such as the removal of dead, diseased, or broken branches for late winter to early spring, before new growth and flowers are developed, and shape to your personal taste.

2 MULCHING!

Freshen up your yard by applying 2-3" of fresh mulch. Consider leaving dead plant material, fallen leaves, and weeds as an extra layer of organic matter under your mulch. Either purchase bags of wood chips or shredded bark from your local home improvement store, or for larger quantities ask your local nursery or gravel company if they deliver mulch to your home if needed. Incorporating mulch will revitalize any yard, increase microbiology into the soil as it breaks down, and reduce the amount of weeds that will be germinating in the spring..

3 IRRIGATION!

Winter is the perfect season to assess and repair irrigation systems. Check for clogged emitters, overspray issues, or leaks to be repaired. Prune plants that have grown in front of spray heads, and look for even coverage for the entire landscape. Consider adjusting the clock for winter watering needs, and turn off the system when rain provides adequate moisture.

Photo by Kathie in 2009

happenings & EVENTS



Garden Garage Sale

March 2, 8am-12pm

There isn't anything like the feeling of finding a great deal on treasures at a garage sale. Peruse a collection of unique and high quality items for everything from decorating your house to working in your own garden. Come see what we mean at The Garden Garage Sale this March. You never know what you might find!



SAVE THE DATES FOR THESE AWESOME

Spring Events!

Tomatomania®

March 9-10



Stop by The Garden to take part in the world's largest heirloom tomato seeding sale! Find your favorite varieties and a dozen (or two) others to try in your summer garden. There is something for everyone!

Spring Garden & Butterfly Festival

April 27, 9am-3pm

Mark your calendars for The Garden's biggest and buggiest festival of the year. Enjoy butterfly releases, tours, craft booths, and the festive Pollinator Party with Ms. Smarty-Plants™! It's the bees knees!





Photo by Lauren Gagliano Saline

Wash Away Your Stress with Garden Bathing

Lynn "Doc" Nelson, PhD, invites you to discover **wellness and healing** in our Garden. Lynn gleans her inspiration from the Japanese *Forest Bathing* movement that has caught the world's attention and shares it with Garden guests in two Garden Bathing classes this season. Don't worry - you will remain fully clothed! The word "bathing" refers to immersing yourself in the relaxing atmosphere of a garden for greater **mental clarity**. As you walk through The Garden's trails, Lynn will guide participants to focus on noticing their surroundings, body sensations, and how senses bring us into contact with the **natural world**. We invite you to take a pause from the hectic world we live in and **breathe**.

Garden Bathing is scheduled for: **Saturday January 12, 9:30-11am**
Sunday January 13, 1-2:30pm

HOST YOUR EVENT AT *The Garden!*

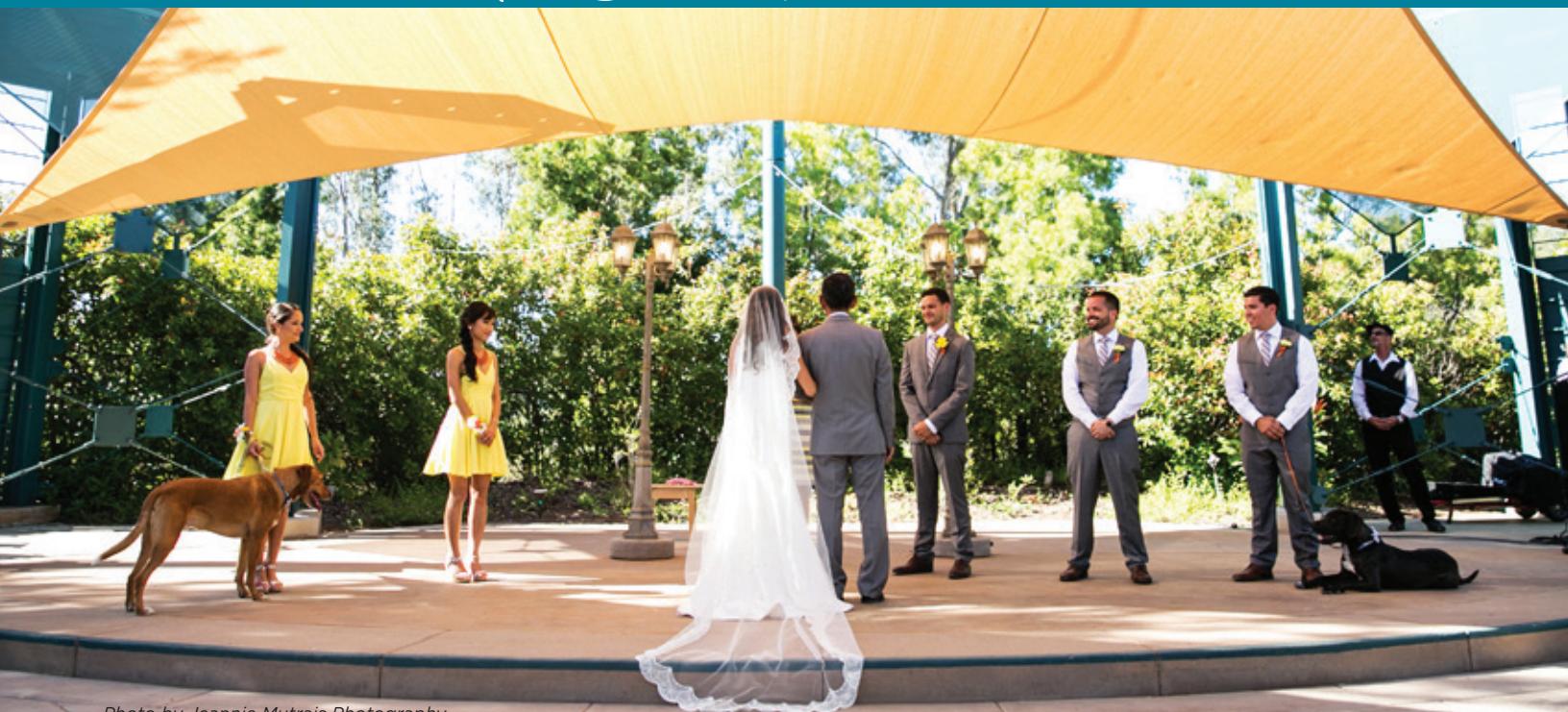


Photo by Jeannie Mutrais Photography

Looking for the perfect space to make your special event stand out?

With nearly six acres of lush, specially curated gardens and a variety of venues, The Garden makes an amazing backdrop for weddings, birthdays, memorials, and corporate events. Choose from several distinct settings of various sizes and atmospheres, or reserve the entire Garden for larger events. The Garden has been featured as an event site in The Knot, Wedding Wire, and My Wedding. Event hosts enjoy our open vendor policy! For more information, please visit The Garden or send an email to info@TheGarden.org.



Photo by Hello Wise Photography



WINTER 2018 CLASSES & EVENTS

Pre-registration is REQUIRED for all classes at TheGarden.org or by calling 619-660-0614 x10
Day-of walk-ins will be charged an additional \$2 fee. Classes are geared toward adults. Youth ages 12 and over are welcome to participate with supervision.

MONTHLY SERIES

Garden Yoga

14 & 11

January February

Monday, January 14 | 9 – 10am

Monday, February 11 | 9 – 10am

Mat poses, chair exercises, meditation, and smiles in every class with Jackie Gadd, Accessible Yoga Ambassador.

Bring your own mat if you have.

(Class outdoors if weather permits)

For all levels/abilities, ages 18 and up

(If Silver Sneakers/Tivity Prime bring ID)

Members & Silver Sneakers \$5,

Non-Members \$10



The Garden wishes you the happiest of Holidays and healthy New Year!

Thanks for a wonderful 2018, we can't wait to see what 2019 has in store!

ONGOING PROGRAMS

FREE First Saturday Tours

Docent-led Garden Tour at 10am

FREE Special Access Tour

Advanced reservation required, call 619-660-0614 x16

Professional Landscape Design Consultations

Call 619-660-0614 x10 for appointments, designer information and reservations.

Members \$60, Non-members \$75



School Tours and Assembly Program
To book an educational program for your class, visit www.MsSmartyPlants.org

JANUARY

12 & 13

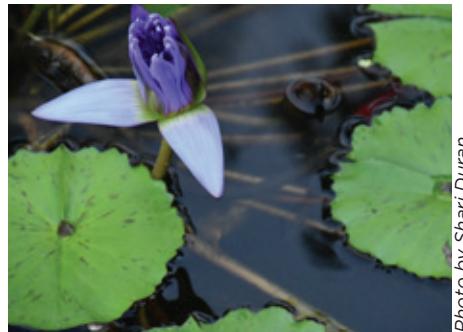
Garden Bathing

Saturday, Jan. 12 | 9:30 – 11am

Sunday, Jan. 13 | 1 – 2:30pm

A walk in nature can boost immunity and mood. Join Lynn "Doc" Nelson, Ph.D. for a relaxing tour of The Garden through the science of mind, body and plants. Two chances to tour, select one, space is limited.

Members FREE, Non-Members \$10



TOUR

26 The Lore of the Kumeyaay

Saturday, Jan. 26 | 10:30am - 12pm

Native Americans have inhabited San Diego County for over 10,000 years. Find out how they lived, their history, and spirituality, with long time student of Kumeyaay culture, Jan Tubiolo. See tools and other items important to their lives. (Bring a cushion to sit on. Class in Habitat Amphitheater if weather permits)

Members FREE, Non-Members \$10



FREE!

26 & 2

Garden Docent Training

Saturday, Jan. 26 | 12 – 4pm

Saturday, Feb. 2 | 12 – 4pm

Volunteer to help our plants and programs grow! There are many ways to be involved, and wonderful people to meet. To register for the two day training, contact Pam Meisner, Director of Operations & Programs pam@TheGarden.org 619-660-0614 x13.



WINTER 2018 CLASSES & EVENTS

Pre-registration is REQUIRED for all classes at TheGarden.org or by calling 619-660-0614 x10

Day-of walk-ins will be charged an additional \$2 fee. Classes are geared toward adults. Youth ages 12 and over are welcome to participate with supervision.



FEBRUARY

2 How to Hire a Landscaper & Save Money

Saturday, Feb. 2 | 9:30 - 11am

Come for an informative and common-sense approach to hiring a landscape professional. You'll learn which questions to ask, how to properly plan, and receive money-saving tips too! Class made possible by the *San Diego County Watershed Protection Program*.

FREE!

2 All About Worms! Compost Workshop

Saturday, Feb. 2 | 10am - 12pm

Vermi-composting (worm composting) is an environmentally-friendly way to turn food waste into rich fertilizer for garden beds. Learn how easy it is to compost food waste with worms. Class is made possible by the *County of San Diego*, presented by *Solana Center for Environmental Innovation*. Register online at www.solanacenter.org or call (760) 436-7986 ext. 700.

FREE!

9 Valentine's Tour

Saturday, Feb. 9 | 4 - 5pm

A Romp Through The Garden: Courtship as the Flowers do It.

Think humans work hard at finding a partner? You'll be astounded at the creativity, competitiveness, and even murder plants attempt to achieve pollination. Docent Rosalie Dosik (the self-described Dr. Ruth of the plant world) takes you on an after-hours tour based on the book, *Sex in Your Garden*. So bring your honey-bee and celebrate nature's creativity with wine, chocolate and special gift! Space is limited.

Members \$10, Non-Members \$15

TOUR



16 Flower Foraging

Saturday, Feb. 16 | 10am - 12pm

Pruning for beauty and bounty! Explore the art of creating floral pieces with natural designs collected from your garden. Packed with ideas, skills, and techniques, the class will inspire you to bring a touch of nature indoors, offering a fresh and affordable approach to floral design using foraging etiquette. Bring: clippers, a vase or tall container, and a bundle of greenery/flowers from your yard.

(Class may be outdoors if weather permits)

Members \$5, Non-Members \$10

NEW



9 Planning & Planting Your Hillside

Saturday, Feb. 9 | 10am - 12pm

Renowned Landscape Designer, Connie Beck "the Holistic Gardener", shares beautiful solutions for your hillside and indulges in great tips and plant choices. Get gardening and design help that will make you love your slope!

Members \$5, Non-Members \$10



23 Natural First Aid Kit

Saturday, Feb. 23 | 10 - 11:30am

What first aid options can we find in herbs and natural materials? Let's create a collective space to share knowledge of the healing powers found in nature. Natural medicine expert Dr. Shannyn Fowl will be guiding us in safe practices of some of our natural options* Feel free to bring 1 item that you believe is unique to share with the class.

*Note: lecture doesn't take the place of a first aid class or medical care but should add to your knowledge.

Members \$5, Non-Members \$10





Ms. Smarty-Plants™ COOLS THE CLIMATE!

This year I began exploring the complex concept of the changes happening on our Planet with its climate and weather. Some call it climate change or global warming; I refer to it as “global weirding” because some unusual things are happening around the world.

I rolled out a new upper grade (3rd-6th) assembly this Fall. We look at ways that our climate is changing. Through real science and innovative, fun visual props we explore these changes, how they will effect us and how we all can make a positive difference.

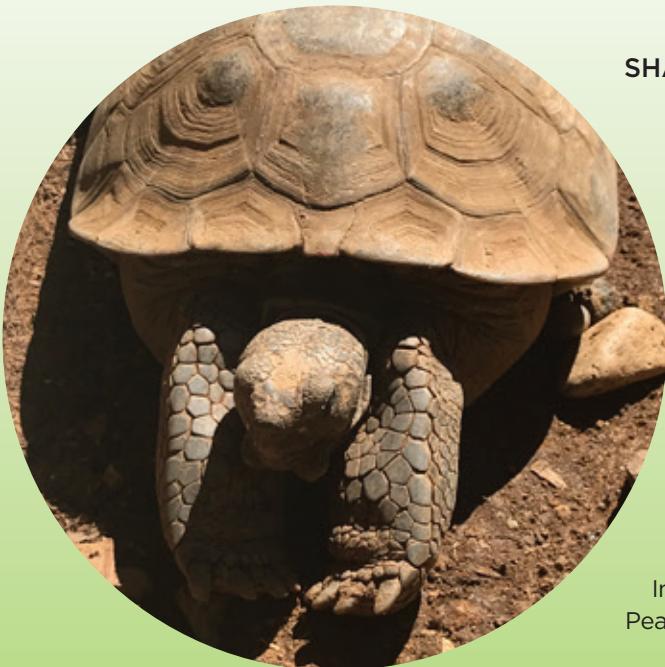
Who will be the change makers that save the planet? My Earth Heroes, of course! Small changes, done collectively, will make a huge impact! Remember, we can change the world with our own two hands!

2019 Internship Opportunities!

Share your love of nature!
Lead kid's garden tours and more....
Application online MsSmartyPlants.org/volunteer

Teachers!

Book your school Field Trip or Assembly
www.MsSmartyPlants.org



SHARE THIS WITH YOUR LITTLE SPROUTS!

A LONG WINTER'S NAP

Winter is a time that many plants and animals slow down and rest. The Garden tortoises - Tank, Bernie, and Mr. Peabody - have snuggled down for their winter naps, called **brummation**.

Brummation in animals is when they remain inactive for a long period of time and save up their energy for warmer weather. Like all cold-blooded animals, **tortoises** are unable to make their own body heat; they get warm from the sun. As the temperatures outside get cooler they begin to go into a deep sleep. In the wild they dig deep burrows in the ground.

When the weather stays warm for long periods of time they begin to wake up and move around, or “come out of brummation”. In San Diego this is usually March - April. Tank, Bernie, and Mr. Peabody are looking forward to your visits in the Spring!



Photo by Lynn Nelson

CATCH THE COMPOST CRAZE!

Composting is taking things that would otherwise go into the landfill and mixing them just right to produce food for plants! Specifically, it's things made of **carbon** - wood, straw, corn stalks, cardboard, newspaper, pine needles - and **nitrogen** - vegetable scraps, weeds, coffee grounds, manure, seaweed - meaning that if you have a yard of any size, you can easily make compost with what you have on site. It is truly amazing that our trash is a plant's treasure!

Now is a great time to get in the game with **rebates** on compost bins through the City of San Diego and San Diego County Water Authority. The Solana Center (www.solanacenter.org) has compiled a nice list of available vouchers, and are also teaching **All About Worms!**, a vermicomposting workshop at The Garden on **Saturday February 2 from 10am-12pm.**

STATIC COMPOSTING

- Most common composting method
- Can be done on a variety of scales (backyard bin to 3 acre compost field)
- Must be turned and watered regularly for microorganisms to survive
- Core of compost pile must be 140° F to create aerobic conditions where microbes thrive
- Produces a large-grain finished product in about 6-12 months

18 DAY COMPOST

- AKA Hot Composting, similar to Static Composting but hotter and faster
- Thin layers of well-chopped nitrogen and carbon allow the materials to break down faster
- Kills pathogens and weed seeds due to high temperature achieved
- No turning for first 4 days, then turn every other day for 14 days
- Produces a fine-grain finished product in 18-25 days

VERMICOMPOSTING

- Composting with worms
- Worm castings (aka poop) = food for plants
- Great for small spaces
- Can even be kept indoors
- No turning needed
- Produces both a solid and liquid fertilizer... Plants love the 'gardener's black gold'!



WINTER RECIPE

Compost Tea

Bubble, bubble, toil & trouble! Halloween may be over, but it's never too late to brew up a batch of compost tea! We like this recipe:

- 5 gallons of water
- 2-4 cups of your favorite compost
- 2 TBSP bone meal
- ½ cup liquid seaweed extract
- XL tea bag (available at most garden stores)
- Aerator Pump with 2 aeration stones

Let water bubble in 5 gallon bucket with aerator pump for 24 hours.

Put compost and bone meal in tea bag.

Add tea bag and seaweed extract to water and aerate for another 24 hours.

Apply this tea directly to planters, garden beds, tree basins, and even sprayed on seedlings for beautiful results.

Bonus points: look at your compost tea under a microscope and be amazed!

Recipe courtesy of CommuniTree Gardens

partners & SUPPORTERS

International Delegates Land at The Garden



Photo by Harold Bailey

The Garden was elated to host an international delegation invited by the U.S. State Department to see the important work we do! The State Department's International Visitor Leadership Program, who specifically requested to visit The Garden to see the success the Ms. Smarty-Plants™ programs has on conservation education.

Ten countries were represented, to include: Uzbekistan, Canada, Curacao, Hungary, Afghanistan, Tunisia, Morocco, Palestine, and two countries from Africa. It was an honor to host such a diverse and like-minded group of individuals.

The group enjoyed a beautiful September day exploring The Garden's exhibits with Ms. Smarty-Plants™ Director of Operations and Programs, Pam Meisner and Director of Horticulture Paul Redeker.

We hope they had as much fun as we did and they will all return to San Diego, and The Garden, soon!

New Staff Member

Join us in welcoming new staff member, **ANGELINA BYRD**



Angelina Byrd (formerly Sperry) joined The Garden team in May 2018 to fill the role of Events Coordinator. She hit the ground running and pulled together a fabulous evening at the Ms. Smarty-Plants™ Par-Tea celebrating 10 years of our award-winning education program. This new bride brings a wealth of talent, energy, and fun to Garden events and our staff overall.

BECOME A GARDEN MEMBER FOR GREAT BENEFITS!

Membership at The Garden comes with a host of benefits including free classes, free admission to national and international botanical gardens and discounts in The Garden's Water Drop Garden Shoppe and at partner nurseries and garden shops. **To become a member, call 619-660-0614 x10 or visit TheGarden.org/member.**

R.E.C.
Rec-Consultants.com

Civil Engineering
Environmental
Land Surveying

2442 Second Avenue
San Diego CA 92101
619-326-6025
hedy@rec-consultants.com

partners & SUPPORTERS



Photo by Shari Duran

HELP THE GARDEN BLOOM & GROW

There are many ways to support The Garden for generations to come. Become a part of The Garden's legacy and sustainable future by participating in our Honor & Tribute Giving program with pavers and benches in key areas throughout the trails. Our Planned Giving offers many options and is a wonderful way leave a lasting legacy for your family, The Garden, and the community. Give to The Garden to watch your contribution bloom and grow!

Please contact Executive Director Jennifer Pillsbury at 619.660.0614 ext. 14 for more details.

Affiliate & Corporate Partners

The Water Conservation Garden would like to thank our Corporate Partners and Non-Profit Affiliates. The Garden appreciates all that these organizations do to keep The Garden a beautiful place!



Backflow Services
California American Water
City of Encinitas
City of San Diego
County of San Diego
Grossmont-Cuyamaca Community College District

Helix Water District
Lakeside Garden Club
La Mesa-Spring Valley School District
Olivenhain Municipal Water District
Open Space Management

Otay Water District
Padre Dam Municipal Water District
Point Loma Credit Union
Rock and Block Hardscape
San Diego Horticultural Society

SDG&E
San Dieguito Water District
Sweetwater Authority
Village Nurseries



bewaterwise.com®

New Members July-September 2018

Lynne Baker
Larry and Stephanie Carlson
Kathy Chaisson
Sean and Helen Crawford
Kimberly and Dennis Fox
Trina Hester
Joane Higdon
Gertrude Hoffman

Gwen Kaeser
Colleen McCreary
Melissa McLane
Michelle Mourikis
Diane Palmer
Maria Julia Pantoja
Wendy Perry
Albert and Donna Schimmelfennig

Carolyn Shaw
William and Donna Steel
Scott and Diana Steinert
Barbara Stevens
Lindamarie Todd
Devon White
Charles Wolfe
Patricia Wood





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TheGarden.org

FPO

.....| **Garden Members** - You can find your renewal date above your name and address. |.....

Automatic Membership Renewal - When you enroll or renew your membership, consider choosing auto renewal.
It's easy and your Garden benefits will never lapse! Visit TheGarden.org/member today.

BECOME A GARDEN MEMBER, FOR GREAT BENEFITS!



- FREE and discounted classes
- FREE or discounted admission to over 300 national and international botanical gardens
- Discounts at local partner nurseries and garden shops (see list below)
- Discounts in The Garden's Water Drop Garden Shoppe
- Invitations to special members-only events and more!

- **Anderson's La Costa** — Encinitas (andersonlacostanursery.com)
- **Barrels & Branches Nursery** — Encinitas (barrelsandbranches.com)
- **Cuyamaca College Dept. of Ornamental Horticulture Nursery** — El Cajon, (cuyamaca.edu/academics/departments/oh/)
- **El Plantio** — Escondido (ElPlantioNursery.com)
- **Gardens by the Sea** — Leucadia (gardensbytheseanursery.com)
- **Hunter's Nursery** — Lemon Grove (huntersnursery.com)
- **Kniffing's Discount Nursery** — El Cajon (kniffingnursery.com)
- **The Madd Potter** — Encinitas (maddpotter.com)
- **Mission Hills Nursery** — San Diego (missionhillsnursery.com)
- **Rancho San Diego Nursery** — El Cajon (ranchosandiegonursery.com)
- **Rancho Valhalla Nursery** — El Cajon (ranchovalhallanursery.com)

To become a member, call 619-660-0614 x 10
or visit TheGarden.org/member.

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