New! Nature Nights with Ms. Smarty-Plants™
The Sam Cicatti Water Conservation Education Center

SUMMER 2019
OUR MISSION
To inspire positive change in the living environment through the conservation of water and other natural resources.

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message from the EXECUTIVE DIRECTOR

ENRICHING COMMUNITY... EXPLORING NATURE.

Summer afternoon... summer afternoon; to me those have always been two of the most wonderful words to hear. The sun is shining, and longer days are among us; what better time to get outdoors. Free time? Looking to put extra steps in your day in a beautiful setting? Come visit The Water Conservation Garden’s many shade trees and beautiful benches available for your enjoyment while sipping a refreshing drink and chatting with friends about summer plans.

Planting a tree can often seem like a small undertaking, but the true rewards are felt for many years to come. Looking to make a difference for the next generation? The Water Conservation Garden is here to help inspire you to improve your living environment by adding shade today that will also provide for future generations. Thank you in ADVANCE.

Remember The Water Conservation Garden not only for environmental education, but for your therapeutic healing, physical exercise and meditation outlet.

See you soon in The Water Conservation Garden,

Jennifer Pillsbury
Executive Director

Interested in joining a Non-Profit Board of Directors?
We are actively recruiting new members. Looking for areas of expertise in finance, estate planning, construction, legal, fundraising, small business management and marketing to name a few.

Visit TheGarden.org/board for more information.

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 501(c)3 nonprofit organization, tax ID no. 20-4395919.

Get Social With Us! #wcgarden
Keep up with the latest on news, events and more!
Why do plants come in so many different shapes, colors, textures and sizes? How can plants adapt for dry verses rainy weather conditions? What plants in The Garden demonstrate these principles?

Let’s look at the plants that can handle drought conditions first. To retain water some plants have developed needle-shaped leaves, like the pine needles of The Garden’s Italian stone pine (located behind our main amphitheater), or Grevillea ‘Medusa’, a new addition planted to cascade down the wall at the Cactus & Succulent Garden. This plant has adapted it’s leaves with a thick outer cuticle coating to prevent water loss. Another water-saving adaptation is apparent on the leaves of white sage, Salvia apiana. This California native has downy, short white hairs that give it a powdery-white appearance and help retain moisture. The lighter colored leaves also reflect light allowing for both heat and drought tolerance. Even more extreme desert plants, such as the popular golden barrel cactus, no longer have leaves and just an enlarged, thick trunk that holds water during dry seasons.

It might be important to understand how plants can lose water. If we look at a more typical leaf, say on the Bloodgood sycamore across from The Garden’s topiary, we would find, with a microscope, that the leaves have tiny pores called stomata*2, that open to allow carbon dioxide in, an essential element required for photosynthesis.*1. These pores are necessary to take in gasses such as carbon-dioxide, however water can be lost in the process. Therefore, plants have found creative ways of changing form when dealing with different weather conditions. In the next issue I will discuss rain forest adaptations.

*1. Photosynthesis: An energy-producing process essential for plant growth that requires light, carbon dioxide, water and plant protein cells containing green-pigmented chlorophyll.

*2. Stomata/e pores allow us inside of plants, typically on the underside or beneath leaves. They open at the beginning of the day to avoid evaporation. This makes spraying plants in the afternoon to ‘cool them off’ ineffective—you are only cleaning your plants. It is most important to water the roots; deep watering is required.

Article by Paul Redeker
Photographer unknown
Sources:
www.Baynature.org
www.psu.edu/dept/nkbiology/naturetrail/leaves.htm
happenings & EVENTS

Wags & Wine

Wednesday July 10, 5:30–7:30pm
Wednesday August 14, 5:30–7:30pm

Get ready to wine down and stop to smell the Rosé again this summer at The Garden! We are excited to see you with your sweet and loveable furry friends for special after-hours evenings at your favorite backyard away from home.

Tickets available here: TheGarden.org/events/wags-n-wine

Stargazing in the Garden

Wednesday July 10, 7:30–9 pm
Wednesday August 14, 7:30–9 pm

If you love to see what’s happening in the night sky then you’ll want to come join us for these fun after-hours events in The Garden. Bring your telescope and enjoy some time under the stars!

Tickets available here: TheGarden.org/events/stargazing-in-the-garden

SAVE THE DATES FOR THESE AWESOME Fall Events!

Ms. Smarty-Plants™ Goes Batty!
October 12, 5:30-8pm

Fall Plant Sale November 9, 9am-3pm

Holiday Garden Gift Shoppe Sale December 7, 9am-4pm

GET THE DIRT ON THE GARDEN...COME VOLUNTEER WITH US!
Email: info@thegarden.org
Gregory Page Trio Concert

Join us at The Garden as we welcome back Gregory Page for a summer concert that has become a community favorite. Gregory will capture your heart with his engaging lyrics and soothing melodies reminiscent of the 1920’s sweet jazz era. You surely won’t want to miss this fabulous evening in The Garden!

Tickets and Information: https://www.mindfulfitness.com/events/gregory-page

Garden Members: Call the gift shop to receive a discount code for this special evening. Not a Member yet? Become a member today to enjoy discounts on events like this!
Pre-registration is REQUIRED for all classes at TheGarden.org or by calling 619-660-0614 x10

**JULY**

**10 & 17 Garden Docent Training**
Wednesday, July 10 | 4 – 8pm
Wednesday, July 17 | 4 – 8pm
Volunteers 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 Programs, pam@thegarden.org. FREE with materials fee.

**16 LANDSCAPES – Irrigation 101 & Soils**
Tuesday, July 16 | 6:30-8pm
How can I build soil fertility and good soil structure to provide long lasting water and nutrient retention? Paul Maschka, Farmer/Educator from Wild Willow Farm gets down to the “dirt” of soils and irrigation so you can have a successful garden, all without the use of chemical inputs. Class made possible by the San Diego County Watershed Protection Program. FREE

**20 Practical Rainwater Harvesting**
Saturday, July 20 | 10-11:30am
Albert Barlow from Rain Water Systems shares expert advice on efficiency, rebates, and embracing the math of harvesting. The project is financed under the Safe Drinking Water, Water Quality and Supply, Flood Control, River and Coastal Protection Bond Act of 2006, administered by State of California, Department of Water Resources FREE

**AUGUST**

**3 or 4 Nature Therapy**
Saturday, August 3
Sunday, August 4 | 9:30-11am
Experience nature healing in our locally adapted practice of Japanese “Forest Bathing.” Engage all your senses during a slow-paced, quiet discovery of the natural benefits found in our very own Garden. Garden Members FREE, Non-Members $10

**24 Greywater Level 2**
Saturday, August 24 10am-12pm
Dive deeper into water systems with Brook Sarson of CatchingH2O/H2OME. Discuss how to implement gravity fed or pumped systems, adjust irrigation, learn plumbing techniques, review best practices, and choose plants that prefer greywater. Must have taken an intro level harvesting class to attend.
Garden Members $15, Non-Members $20 *Personalized Water System Consultations with H2Ome immediately following class.

**25 Solar Cooking Class**
Sunday, August 25 | 1-3pm
Solar Oven Cooking is a yummy way to benefit people and the environment by harnessing sunshine. Come for a solar cooking demonstration, sample the delicious sun-cooked foods, and make your own! Vegetarian options.
Garden Members $10, Non-Members $15
SEPTEMBER

28 Backyard Composting Workshop
Saturday, September 28 | 10am-12pm
Using interactive demonstrations, Solana Center teaches all you need to know to get started with a compost bin that fits your needs and lifestyle. 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

29 Flavors of The Garden
Sunday, September 29 | 11am-1pm
Sweet and savory bites featuring drought-tolerant plant delights! This experience is part tour, part tasting and wholly enjoyable! Learn about featured plants and sample their flavors in unique, easy-to-make recipes.
Garden Members $15, Non-Members $20

UPCOMING EVENTS

Nature Nights with Ms. Smarty-Plants!
July 26 (SOLD OUT) & August 23, 6-8pm
Gregory Page Trio Concert
July 27, 6-8:30pm
Wags & Wine
July 12 & August 14 | 5:30-7:30pm
Stargazing in The Garden
July 12 & August 14 | 7:30-9pm
Visit theGarden.org for more information about these programs.

ONGOING PROGRAMS

FREE First Saturday Tours
Docent-led Garden Tour at 10am
Garden & Shuttle Tours
Advanced reservation required, call 619-660-0614 x19
Professional Landscape Design Consultations
Call 619-660-0614 x10 for appointments, designer information and reservations. Members $60, Non-members $75
School Tour and Assembly Programs
To book an educational program for your class, visit www.MsSmartyPlants.org

Located next to Cuyamaca College in the Rancho San Diego area of El Cajon.

Pre-registration is REQUIRED for all classes at TheGarden.org or by calling 619-660-0614 x10
PLANT COLLARD GREENS FOR OUR TORTOISES

Bernie, Tank, and Mr. Peabody, our resident desert tortoises, just love this wonder crop, Collard Greens! Share your harvest and bring them to The Garden, our tortoises will thank you!

Plant about \( \frac{1}{4} \)" below healthy, well-drained soil, give an extra bit of love, and watch the beautiful greenery grow to the size of a dinner plate!

- Collards like the sun.
- Space 18 to 24 inches apart.
- Water when soil is dry.
- Enjoy simmered in broth (save some for the tortoises!)

THESE BOOTS ARE MADE FOR TEACHIN’

Have you seen me out and about in San Diego? I have been busy making new friends and visiting all throughout San Diego County. Check out what has kept me busy over the past few months!

- 7th Year at The Children’s Water Education Festival at UC Irvine
- Arbor Day Tree Planting with City of San Diego
- Balboa Park Earth Day
- OH! San Diego Show at Balboa Park
- South Bay Earth Day
- Glenner Town Center for Alzheimer’s Patients

For more information about Ms. Smarty Plants™ or to donate to The Garden's education programs, visit TheGarden.org/learn/ms-smarty-plants
SOLAR POWERED COOKING!

Think about it; all the energy we enjoy on Earth comes from the Sun. So, why not take that energy and use it to energize you by warming your food and your soul? We demonstrate solar cooking during this time of year to take advantage of the most natural energy source we have. Learn about solar cooking, and taste food from the sun on Saturday, August 25th.

A Special Thankyou!

Thank you for supporting Ms. Smarty-Plants™ and The Garden. You truly make a difference to us, and we are extremely grateful!

• SDG&E
• South Coast Copy Systems
• SPRITES
• Universal Spirit Center

JON FOREMAN TALKS WATER

Front man for the San Diego band Switchfoot walked The Garden trails talking all about local water. The resulting videos by the San Diego County Water Authority inspire the conservation of San Diego’s most precious resource. Catch Jon’s message on The Garden’s Facebook this summer!

Follow: Facebook.com/WaterConservationGarden
The Madd Potter, where pottery is just the beginning, has been a mainstay along Old Hwy 101 in Encinitas since 1999. They showcase high quality pottery, fountains, bird baths, and garden art from around the world that have been featured at the Del Mar Fair for many years; the selection of styles is endless and available in a rainbow of colors.

310 North Coast Hwy 101
Encinitas CA, 92024
Phone (760)635-1641
Open daily 9-5, Sunday 10-5

Garden Member Discount: 15% off with current membership card.

Inspiring Community

Our community members like Diane rely on your support.

Diane Nelson has been coming to The Water Conservation Garden for nearly four years. Diane was diagnosed with MS in 2009 and didn’t know how she would be able to walk around her hilly community when her condition progressed. Fortunately, The Water Conservation Garden offers a safe environment and flat ADA paths. She enjoys taking her beloved fur-friend and service dog, Keoki, for walks in The Garden and attending the many classes offered.

“The Water Conservation Garden is an open place where everyone is welcome. All kinds of groups with special needs come here. It’s interesting to watch their journey from when they first come in to when they leave,” shared Diane.

This year, as we celebrate our 20th birthday, we’re grateful to all the support you, our champions, have given us over the years. In the spirit of continuing our mission to inspire positive environmental change for another 20 years and beyond, please consider making a tax-deductible donation.

“The most important part of life is figuring out how to make an impact. I’m not here to make a living; I’m here to make a difference”, said Diane.

To make a contribution online, visit: TheGarden.org/appeal.
The Water Conservation Garden Receives Small Business Award for Making a Difference

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!

New Members January–March 2019

Shannyn and Steve Allen
Krystie Barnes
Emily Beckwith
Angela and Dewey Benson
Jim and Lydia Birdsong
Charles and Adah Bohmfalk
Matthew Boney and Elbert Gongora
Karen Cassimatis and Don Breitinger
Beth Bresnahan
Christine Carson
Brian and Kathryn Clauzel
LaShaunda Davis
Hannah Denoble
Marianne Dilworth
Jacki Fowler
Maggie Friend and Paul Coogan
Judith Hill
Stacey James and Jeanne Cunningham
Michele and Len Jirek
Emma King
Ruth and John Kolb
Fredrick Long and Susan Shepherd
Stephanie Lower and Katie Benoit
Kathleen Maches
Sara Maltzman
Mike and Sandi May
Melissa and Joe Nyiri
Ester O’Conner
Phani Peesapati and Indira Duvvuri
Luke Phillips
Stacey Reisert
Jason Sauberan
Michael Schoff
Rodney and Susan Sevier
Pauline Smith and Bernadette Clowers
Kevin Sorenson
Judy Valkas

Only new members to The Garden will be listed. All donors to The Garden will be acknowledged in The Garden’s annual reports.
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)
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 Valhalla Nursery — El Cajon (ranchovalhallanursery.com)

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