

Alta Vista Garden Connection

February 2018
Editor—Vicki Hughes



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I want to mention the keynote speaker Karina Bland, Feature Writer for the Arizona Republic. She started out with a confession: she calls herself a plant killer...a "serial plant killer"! So instead of an educational piece on a horticultural topic, she chose the subject of women and friendships, pointing out how being members of garden clubs provide an opportunity to make long-lasting friendships. She humorously and passionately described groups of friends she has had throughout her life; the different experiences and stages that bring us together and how these relationships evolve over the years. Since I had come down to Phoenix a day earlier to visit with some of my longtime friends, her words were well-timed and brought back lots of memories. I also thought of the more recent bonds I have created with the compassionate, generous, inspirational members in this amazing garden club. I am grateful for all of my friends!



"Let us be grateful to people who make us happy, they are the charming gardeners who make our souls blossom." Marcel Proust
"Friends are the flowers in life's garden." Author Unknown

STUFF YOU SHOULD KNOW

- **UNABLE TO ATTEND THE MEETING?** Just call or email Cynthe Brush for an excused absence - [928-778-0543](tel:928-778-0543) or mudwoman@greyvisual.com

AVGC is a member of the Arizona Federation of Garden Clubs and the National Garden Clubs, Inc. Established in 1951. Published by AVGC, Prescott, Arizona. Circulation: 39

Message from President Julie

Greetings Fellow Gardeners!

I am looking out my window and watching it rain - FINALLY!! I am so happy!

Just two days ago, Kathy Madeda, her daughter Amanda,



Robin Borok and I were in Scottsdale where the weather was a little different than today. I have to tell you all, we had a wonderful time at the AFGC "Celebrate" Fundraiser. This was my first AFGC fundraiser so I didn't know what to expect, but I should have known if gardeners were in charge, it was going to be extraordinary! I



was so impressed with the lovely Valentine's Day décor, beautiful, detailed table settings, and delicious lunch. During the event, we all went "shopping" for healthy herbs, flowers and various plants, colorful containers and beautiful metal sculptures. There were 15 baskets that were raffled off (ours was one of the best). One member won the 50/50 raffle and received \$450! There was also a Silent Auction with groupings of various garden-related items, jewelry and artwork - all beautifully displayed of course. There was a wonderful keynote speaker followed by a fashion show coordinated by Stein Mart. The models were all AFGC members and included Elaine Gunderson, Northern District Director, and her husband! The event ended with the auction and raffle results. Robin was one of the silent auction winners which included a large potted succulent, artful beaded necklace, and a beautiful vase. We sat at the table with members from the Gold Canyon Garden Club and acquainted ourselves with them and the event was well attended by Northern District members. We all agreed it was a very entertaining way to support our statewide garden club affiliate and would encourage more members to attend next year.

I want to mention the keynote speaker Karina Bland, Feature Writer for the Arizona Republic. She started out with a confession: she calls herself a plant killer...a "serial plant killer"! So instead of an educational piece on a horticultural topic, she chose the subject of women and friendships, pointing out how being members of garden clubs provide an opportunity to make long-lasting friendships. She humorously and passionately described groups of friends she has had throughout her life; the different experiences and stages that bring us together and how these relationships evolve over the years. Since I had come down to Phoenix a day earlier to visit with some of my longtime friends, her words were well-timed and brought back lots of memories. I also thought of the more recent bonds I have created with the compassionate, generous, inspirational members in this amazing garden club. I am grateful for all of my friends!

ALTA VISTA GARDEN CLUB GENERAL MEETING MINUTES, January 23, 2018

Call to Order: Meeting called to order at 1:23, Julie Lessard presiding.

Approval of minutes: October Minutes approved as printed. Name correction after the meeting: Recycled Christmas cards collected by Dianne Murphy go to St. Jude's Childrens Ranch in NV.

Roll call: Barbara Samuels called roll, question: What is your favorite rose color? 32 present, 1 absent, 1 excused.

Guests: Nicki Elms introduced Jan Fryburg; Kathy Madedda introduced Cherie Gosett; Cynthe Brush introduced Barbara Zing and Maria Goodman.

Birthdays: Happy Birthday to Margot Lindsay, Frances Martinez, Debbie Mathern and Julie Lessard.

Corresponding Secretary: Toni Ristich reported that AVGC received a letter of appreciation from Habitat for Humanity. Toni will send a sympathy card to Marjorie Cole on the loss of her mother. Toni reported that Carol Haack has resigned from the club for health reasons. Toni thanked January hostesses: Food Robyn Grant and Dianne Moyer, drinks Linda Williams and Lauren Newington. Sign up going around the room for March potluck. Fall potluck will be in October.

Treasurer's report: Karen Crossley reported \$2529.56 in checking, \$14,366.12 in savings (having moved \$1000.00 to checking), for total assets \$16,895.68.

Garden Gertie: Carol Westfall gave a very interesting talk and handout about dahlia cultivation.

50/50 and Purple Box: Chris Robinson won \$24. Purple Box poinsettias to Cherie Gossett and Linda Smith.

Penny Pines: Cheryl Booth reported \$57.31 toward our next tree.

Committee Reports:

Membership: Cynthe Brush introduced three new members, who were installed today. Welcome Linda Smith, Diane Benjamin and Doug Arthur.

Gardener's Day Out: Debbie Mathern announced two GDO events. February 19 is a tasting at Rafter 11 in Prescott Valley, \$15, payable there. On March 21, wine and design at Allan's Flowers, \$30, payable at next month's meeting. Sign up sheets going around the room.

Old Business: Discussions regarding the Holiday Luncheon and Bazaar Fundraiser discussions were postponed until the February meeting due to time constraints.

AFGC February Fundraiser in Scottsdale, Feb. 10. AVGC contributing a basket for their raffle. Julie handed out AFGC membership cards, which might be used for discounts at participating garden centers.

New Business: The Spring Yardsale will occur Friday and Saturday, May 11 and 12. This will be at Dianne Murphy's home, as part of the Timber Ridge neighborhood yard sale. Dede Erceg will send sign up sheets around for work shifts.

February Annual Business Meeting: Committee Presentations and Sign Up for next year (June - June). A representative from each AVGC committee will give a brief summary of their job duties and then each member will sign up for two committees. Roberta Pelayo is coordinating AVGC committee information, including organizing job descriptions for chairpersons (please email descriptions to Roberta) and being sure committees have enough members. Roberta will have sign up sheets made with committee responsibilities printed on them so that members can sign up and know expectations for being on the committee. Members already on committees need to sign up again if they wish to stay on that committee.

Announcement: Yavapai Title requests that each group using their meeting room follow clean up guidelines posted on the door.

Meeting adjourned at 2:30.

Respectfully submitted,

Robin Borok, Recording Secretary



Hummingbirds in the Winter

~ Mary Ann Mira

Do you have hummingbirds in your yard right now, in the middle of winter? I do! Perhaps you have wondered, just as I have, how they can possibly survive with our frigid nighttime temps and even some snow. Where are they finding food when all of the nectar rich flowers are dormant? Some people leave their hummingbird feeders up year round. Of course the nectar provided by these feeders do help the hummers, who haven't migrated, to survive the winter.

Many people believe that if they take down their hummingbird feeders, hummingbirds will not stay around during the winter and will migrate as expected. However, according to the Cornell Lab of Ornithology, food does not interfere with their migration. They state: "A number of factors trigger the urge for birds to migrate, but the most significant one is day length. When the days get shorter, the hummingbirds will move on, regardless of whether there are still filled feeders available for them." The Cornell Lab, however, "does encourage people to keep their hummingbird feeders full for several weeks after they have seen the last hummer just in case there are stragglers in need of additional energy before they complete their long journey south."

When a winter hummingbird is sighted, the first concern most birders have is why such a tiny bird would take its chances in such an inhospitable environment, and how can it possibly survive. There are several reasons why a hummingbird may be seen during the winter months. First, the bird may be an early or late migrant seeking a spring advantage in claiming territory to attract a mate, or dawdling along on its autumn migration. In either case, an early or late season storm can catch the bird off guard. Younger birds, in particular, may get trapped in winter areas because of their inexperience with migration. Any age hummingbird might fall victim to storms or other factors that push it far off course and into winter's path.



So how do these winter stragglers or early arrivals survive? The first thing they do is to change their diet, subsisting almost exclusively on insects. Another amazing ability that hummingbirds have is to go into a state of 'torpor,' a type of deep sleep where an animal lowers its metabolic rate by as much as 95%. By doing so, a torpid hummingbird consumes up to 50 times less energy when torpid than when awake. During torpor, a hummingbird's heart rate can plummet from 1,260 beats per minute to fewer than 50 beats per minute, and its body temperature can drop from 104°F to 65°F!



If you continue to feed hummingbirds throughout the winter, here's a tip to keep the nectar in your feeder from freezing: use one part sugar to 3 parts water, instead of the usual 1 to 4 ratio. This makes the nectar denser and it has a lower freezing point. I hadn't intended to feed hummers through the winter until one year I saw one zipping from branch to branch looking for food, and I took pity on it. Now, I intentionally

leave my feeder up each winter and always have a least one hummingbird visit daily, making winter seem much shorter than I expected!

WHAT'S NEXT Schedule of Events

February 27, 1:00 PM Alta Vista Garden Club Meeting – Garden Club Business Agenda

Every Saturday 9:30 AM

Watters Garden Center - Garden Classes
 Feb 24th – Fruit Trees from Planting to Pruning
 Mar 3rd – Raptors at the Garden Center
 Mar 10th – Fragrant and Vibrant Mountain Roses
 Mar 17th – **Watters 56th Spring Open House**
 Mar 24th – Trees of Spring
 Mar 31st – Advanced Container Designs
 Apr 7th – Drip Irrigation Design and Installation

Month of March

Highlands Center – Check their website for details of all Programs & Events
Saturdays:

Naturalist Walk on the Highlands Center trails! The walk will take approximately 1.5 hours and will involve a moderate incline. Meet at 8:30 in front of the building. Free for all visitors.

Guided Gardens Walk– Admission: \$5 for adults; \$2 for Children under 13; Free for Members
 Mar 3rd at 10:30 am – Today's Topic: Geology-The Highlands Center Rock Story.

Mar 17th at 10:30 am – Today's Topic: Symbiotic Relationships–the Ponderosa Pine Forest
 Mar 31st at 10:30 am – Today's Topic: Rainwater Harvesting

Prescott Audubon Society Bird Walk – March 10 at 8:30 am - 10:30 am

The 2018 season of Prescott Audubon Society bird walks at the Highlands Center will take place on the second Saturday of every month.



*Happy March
 Birthdays to....*

Mar 6th	Dianne Murphy
Mar 6th	Roberta Pelayo
Mar 11th	Loretta Bresof
Mar 13th	Lauren Newington



Weed Patch - Botanical Gardens

Part 1 of 2 ~ by Carol Westfall

Remember the character in the movie “South Pacific” named Luther Billis, kind of a Cosmo character? He was tapped for special duty against the Japanese. His memorable quote was, “Projects. That’s what I like!” The more I read about botanical gardens, the more I am convinced that the Billis spirit has been alive and well for 4 millennium. Just the term botanical garden conjures up visions of lush greenery, glasshouses, and the viewer’s acknowledgment that botanical gardens are indeed a pfromproject.

The first botanical gardens didn’t look like what we expect to fit the description today--- after all, things do change in 4000 years! Think of the Hanging Gardens of Babylon or some near-East gardens set aside for display that featured plants from special collecting trips or were brought back by military campaigns in ancient Egypt, Mesopotamia, Crete, Mexico and China. Besides the beauty of plants, the garden designers knew some plants had medicinal value. Phisic herb gardens with medicinal plants were established for experimentation, education and study. Those led to the development of medieval monastic phisic gardens that originated after the decline of the Roman Empire in the time of Charlemagne (700's CE). These gardens were organized with a section for vegetables, a section for herbs set aside for labeled medicinal plants, and an orchard. Charlemagne also disseminated a list of over 70 herbs to be grown in his empire’s gardens. By the beginning of the Renaissance in 1447, part of the Vatican grounds was set aside for medicinal plants and the study of botany.



The Hanging Gardens with the Tower of Babel is a 16th Century hand-colored engraving by Martin Heemskerck - Wikipedia

During the 16th and 17th centuries, these gardens evolution continued. Botanical gardens of southern Europe became associated with university faculties of medicine and were founded in northern Italy. Gardens in Pisa, Padua, Florence, Bologna, and Pavia, south of Milan, still exist in their original places. Physicians, referred to as apothecaries, educated their students with plants that were cultivated on the grounds. That Italian tradition spread into Spain and into northern Europe - the Netherlands, Germany, Switzerland, England, Scotland, France, Denmark and Sweden. When the first plants from Eastern Europe and near-Asia began to be imported, notably, bulbous plants from Turkey (think tulips), improvements and additions, like heated greenhouses, were added to botanical gardens. Programs changed as seed exchanges became common. During that Age of Exploration the general populations became interested in what was being brought home by the botanical collectors.

Weed Patch - Botanical Gardens — continued

Meanwhile, here in the Americas, the colonists were in tune with the Europeans. They knew the value of crops and had a great deal of land to explore for resources. George Washington, Thomas Jefferson, and James Madison, all farmers, shared the dream of the national botanic garden for the benefit of the American people.



John Bartrum — Google

John Bartrum was born during this time to a Quaker farm family in Pennsylvania. Educated in his local school, he had an interest in medicine and medicinal plants. Bartrum contacted Englishmen and others in Philadelphia with the similar interests. They shared with him recent advances in botany. It was his project to establish the first North American botanical garden in 1728. He went on to explore and write about his later experiences and findings during his collecting trips, which stretched from the shores of Lake Ontario to Florida and as far as the Ohio River. On one of their trips to Georgia, he and his son William came across a small stand of little shrubby trees with striking fall foliage in orange, red and purple and lovely late-blooming white flowers with yellow centers. Twenty-five exploring years later, they realized that these were singular specimens and named the plant *Franklinia alatahama* (after John's good friend Benjamin Franklin and the river area in which it was found). This single plant represents the entire genus. The Bartrums are responsible for saving this plant from extinction.

John Bartrum established a business selling plants and seeds. Jefferson visited and purchased plants for Monticello—and shipped others to European botanical gardens. He was awarded the title of the King's Botanist for the North American Colonies and is sometimes known as "The Father of American Botany." After more than 100 years of family management, Bartrums Garden, a 45-acre site located on the Schuylkill River in southwest Philadelphia, was sold. It was later designated a National Historic Landmark and is still visited today.

Back in England, The Royal Gardens at Kew were founded in 1759. Ever more remote locations were being explored. From the 1770's - our Revolutionary years - amateur collectors were joined by official horticultural and botanical plant hunters as the era of European and, especially British, imperialism was initiated. By the end of the 1700's, collectors were sent out to the South African Cape, Australia, Chile, China, Ceylon and Brazil.



Kew Botanical Gardens — Wikipedia

Today, there are over 148 countries worldwide that maintain more than 5 million living plant collections. Over 500 botanic gardens are situated in western Europe, more than 350 in North America and over 200 in East and Southeast Asia. Next month, we will explore the 19th, 20th AND the 21st century gardens and discuss how our visions of botanical gardens have changed over the last few centuries.



Red Shafted Flicker (female)

Winter, What Winter?

~By Cynthe Brush

It's been a weird winter. Began with a very early, hard frost late September, damaging veggie gardens. Then not a drop of rain, hail or snow flurries from mid-September 'til our first snow in early January. Over the past 4.5 months we've had days up to the low 70s, nights as cold as the mid-teens. Gardening in Prescott, keeps us guessing!



Late NOVEMBER 2017
Happy Greenhouse plants: Golden Barrel Cactus, Meyer Lemon, 2 Mint, Pothos & Companion



Ice Butterfly w/Bird Tracks



Snowcapped Planters



Solar Iris Light In Snow



Blowing Snow



Snowfall West-Meadow

Photos by Cynthe Brush

Chino Valley Fruit Tree Pruning Workshop February 24, 2018

[Yavapai Master Gardeners Resources](#)

It's fruit tree pruning season and the University of Arizona Cooperative Extension, Yavapai County is offering a free deciduous fruit tree pruning demonstration conducted by Extension Agent, Jeff Schalaus. Come and learn why, when, and how to prune your backyard fruit trees. The demonstration will cover apples, pears, plums, peaches, nectarines, cherries, and more. Fertilization, irrigation and fruit thinning will also be discussed.

Directions to workshop <https://cals.arizona.edu/yavapai/pruning>

Location:

McLanress Orchard
850 S. Maricopa St
Chino Valley AZ

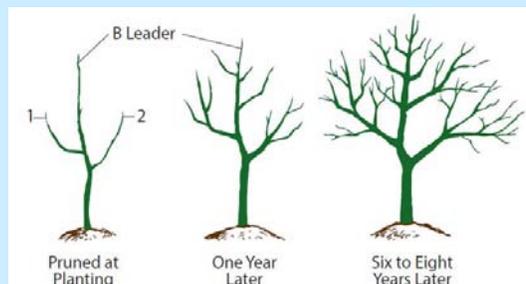
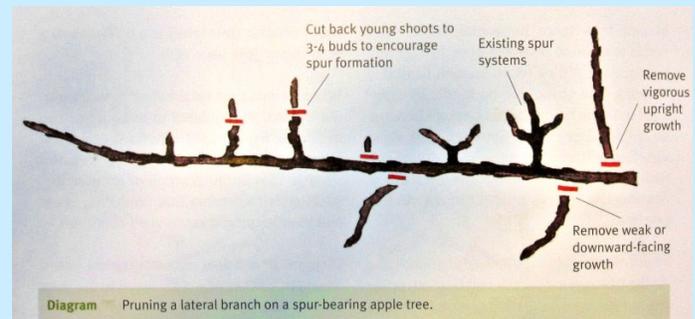
See map: [Google Maps](#)
2/24/2018 - 10am to Noon

Cost: **FREE**

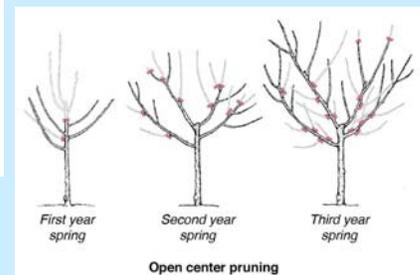
Registration Required: No

Instructor / Presenter: Jeff Schalaus

Contact: [barnesm](#)



Central leader pruning



Open center pruning