

Lakeside Garden Club

Meetings are held on the 3rd Monday of each month at noon at the Olde Community Church, 9906 Maine Avenue, Lakeside CA 92040 (unless otherwise noted from) August through June.

PRESIDENT

Jean Cabanilla

VICE PRESIDENTS

Patty Pepin

Jenny Guilory

SECRETARY

Patty Hemphill

Carolyn Whitney

TREASURER

Dennise Kane

MEMBERSHIP

Lisa Lang

PLANT SALE CHAIR

Tish Leon

Jennie Guilory

PROPAGATION WORKSHOPS

Betty Corvey

YARD ART

Jennie Guilory

BAKE SALE/RUMMAGE SALE

Candy Cowell

Vicky Thompson

WEBMASTER

Mark Vettel

HOSPITALITY

Abby Moldenhauer

Melinda Klescewski

HISTORIAN

Esther Croteau

NEWSLETTER/PARLIAMENTARIAN

Cathie Robertson

PHOTOGRAPHER

Nancy Pleasants-Vettel

SUNSHINE

Susie Robeson

COMMUNITY INVOLVEMENT & SCHOOL GARDENS

Angi Mosier

Adrienne Lostaunau

WESTERN DAYS

THIS COULD BE YOU!

MARCH MEETING 03.17.2025

Minely Lizarraga (Cuyamaca College)

Landscape Design

APRIL MEETING 04.21.2025

Kyle Icke San Diego Bonsai Club

Bonsai



The garden is a love song, a duet between a human being and Mother Nature.

What's Happening in the Club?

February was a busy month for us! Clara Arvai conducted our first propagation workshop at her home. Those who went were glad they did! Clara Arvai is a great example of someone who propagates for our Plant Sales at home. This past Fall Sale, she had about 100 plants that she contributed, and she is planning even more for the Spring Sale! Four of our members—Ken Abernathy, Laura Whitten, Patty and Betty Corvey—volunteered with I Love A Clean San Diego by working in the river bed cleaning things up. Our own Betty Corvey gave us a wonderful presentation on flowers that was enjoyed by all at our February meeting. Our president Jean Cabanilla and plant sale chair Tish Leon went to the Palomar District Garden Club regional meeting at the same time we were meeting in Lakeside. Lots going on!



Clara Arvia conducting a propagation workshop for our members.

Around Town

March 1st, 9:00 am

Armstrong Garden Center, El Cajon
No classes scheduled

March 1st, 9:00 am

Walter Andersen Nursery, San Diego
Spring Seed Starting with Richard

March 1st, 9:30 am

Walter Andersen Nursery, Poway
Tomatoes with Farmer Roy

March 1st, 1:30 pm

Santee VFW Post, 8516 N. Magnolia Ste. 203,
Santee
East County Succulent Swap

March 7th and 8th

The Water Conservation Garden, El Cajon
Tomatomania!

March 8th and 9th

Mission Hills Nursery, San Diego
Tomatomania!

March 8th, 9:00 am (members only)

10:00 am - 1:00 pm (public)
Casa Del Prado, Balboa Park
San Diego Cactus and Succulent Society

March 8th, 9:00 am - 10:00 am

Walter Andersen Nursery, San Diego
Creating a Pollinator Paradise with Olivia

March 8th, 9:30 am - 10:30 am

Walter Andersen Nursery, Poway
Designing Your California Native Garden with Sharon

March 15th, 9:00 am - 10:00 am

Armstrong Garden Center, El Cajon
Tomatoes

March 15th, 9:00 am - 10:00 am

Walter Andersen Nursery, San Diego
Landscaping 101 with Ted

March 15th, 9:30 am - 10:30 am

Walter Andersen Nursery, Poway
For the Love of Hoyas with Tammy

March 16th, 8:30 am - 12:30 pm

Casa Del Prado, Balboa Park, Room 101
San Diego Bonsai Club

March 22nd, 9:00 am - 10:00 am

Armstrong Garden Center, El Cajon
No class scheduled

March 22nd, 9:00 am

Walter Andersen Nursery, San Diego
Real Organic Garden with Randy from Malibu Compost

March 22nd, 9:30 am

Walter Andersen Nursery, Poway
Deciduous Fruit Tree Grafting with Adam

March 23rd, 3:00 pm

City Farmers Nursery, San Diego
Gardening 101: Small Space Gardening

March 29th, 9:00 am - 10:00 am

Armstrong Garden Center, El Cajon
Fruits and Vegetables

March 29th, 9:00 am

Walter Andersen Nursery, San Diego
Growing Tomatoes with Cyarah

March 29th, 9:30 am

Walter Andersen Nursery, Poway
Dragon Fruit: Care and Culture with Tyler Trimbale

Next Field Trip

Tuesday, March 18th, 10:00am

Japanese Friendship Garden, Balboa Park
To walk the trail and view the beautiful cherry blossoms
More information at the March meeting

Propagation Schedule

Wednesday, March 26th, 9:00 am - 12:00 pm

Laura Whitten's Yard
9217 Lake Valley Road
El Cajon, CA 92021

Please RSVP to bettycorvey@gmail.com

Please come by to help, as your schedule allows, for part, or all, of the entire workshop. There is plenty of street parking.

We will be potting plants & cuttings we have on hand already (pink/yellow and yellow/yellow plumeria, purple iris, etc.) in 1-gallon pots and marking ID on each.

We could also use CLEAN plastic pots (4-inch, 6-inch, half gallon, one-gallon, and larger sizes) for planting our plants to sell. Please bring your CLEAN pots to the next general meeting (or bring directly to Laura Whitten's yard).

Please remember to bring your own (marked with your name):

– hand clippers – hand shovel – garden gloves
– hat – a water bottle

Wear comfortable shoes (yard areas are fairly level, but closed-toe, sturdy shoes are recommended)

Please mark your calendars for future propagation workshop:

Tuesday, April 8th, 9:00 am - 12:00 pm

We will be repotting 6 packs into one-gallon pots.



A fan of our Facebook page, Peggy Crossman, suggested this as a good idea for our sale—any artists out there willing to do these?



A big thanks to Clara Arvai for contributing these boards and pots, which helps with propagating and storage of our plants for the sale.

Things to do in the Garden in March

- Start seeds for flower and veggies
- Plant gerbera, glads, cool season bedding plants, and succulents
- Plant clivia, aloe and camelias
- Fill in beds with cool season bedding plants
- Start seeds for flowers and veggie transplants
- Plant more winter veggies including mesclun
- Deadhead cool season flowers
- Cut back woody, overgrown perennials
- Prune kiwi vines
- Cut back Mexican bush sage
- Cut back woody and overgrown perennials
- Feed citrus, avocado, and deciduous fruit trees
- Fertilize epiphyllums and hydrangeas
- Water and fertilize roses
- Fertilize cane berries and perennials
- Continue harvesting winter veggies
- Plant cool season herbs like cilantro, chives, parsley, chervil, and arugula
- Control snails
- Reduce irrigation to reflect cooler temps and expected rain

Welcome New Members!

Ken Abernathy
Lorien Silverleaf



To Our March Friends, Happy Birthday!

Natalie Clausson
Tish Leon
Cheryl Levesque
Deb MacLeod



Our February Speaker, Betty Corvey, shared her Master Gardener knowledge on flowers which was fascinating!

If you have a gardening tip or find one you would like to share, please bring them to the garden club meetings and give them to Cathie Robertson. Your tip may be featured in the newsletter and some will be included in our upcoming cookbook! If you have a recipe to contribute to the newsletter, please send to cathie.robertson@gcccd.edu

Veggies to Plant in March

Asparagus, beans, beets, blueberries, broccoli, sprouts, cabbage, carrots, cauliflower, chives, collards, garlic, kale, kohlrabi, leeks, lettuce, marrow squashes, mustard, onions, parsley, parsnips, peas, potatoes, radish, rutabaga, spinach, Swiss chard, and turnips

Most info from 'Pat Welsh's Southern California Gardening: A Month-By-Month Guide.' Her book, "Pat Welsh's Southern California Organic Gardening, Month-by-Month" Chronicle Books is also now available and provides more detailed info.



Members Laura Whitten, Patty Hemphill and Betty Corvey help clean up the San Diego Riverbed area during the I Love A Clean San Diego event.

March Recipe Corner

Recipe from Debbie Salazar for the cookbook: **Broccoli Cheddar Soup**

March is a month broccoli is readily available and here is a good way to use it!

Ingredients

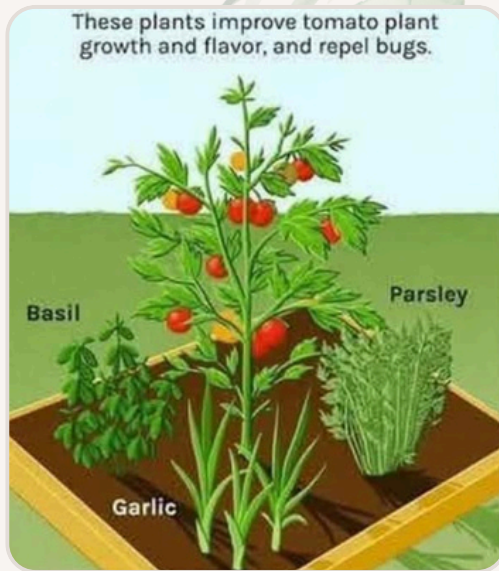
- 1/4 cup chopped onion
- 1/4 cup butter, cubed
- 1/4 cup all-purpose flour
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1-1/2 cups 2% milk
- 3/4 cup chicken broth
- 1 cup cooked chopped fresh or frozen broccoli
- 1/2 cup shredded cheddar cheese

Directions

- In a small saucepan, sauté onion in butter until tender
- Stir in the flour, salt, and pepper until blended
- Gradually add milk and broth. Bring to a boil
- Cook and stir until thickened, about 2 minutes
- Add broccoli. Cook and stir until heated through.
- Remove from the heat; stir in cheese until melted

Serve with some nice fresh rolls or bread!

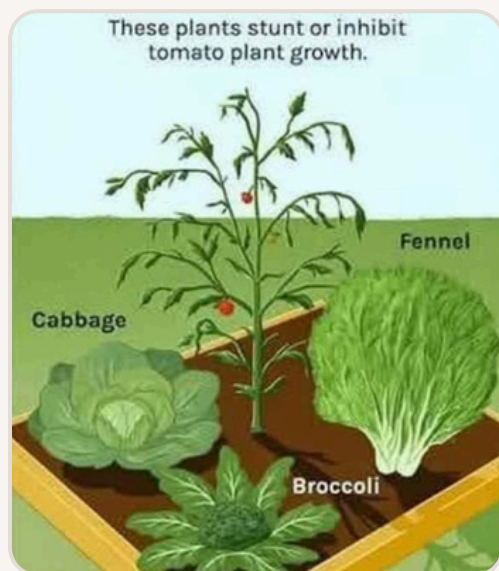
Gardening Tips and Tools: Companion Planting



Like people, some plants thrive surrounded by others. Companion planting is the practice of growing several types of crops near one another to enhance crop production. In general, plants with known positive relationships should be planted within two or three rows of each other. Plants that have negative or detrimental relationships, should be planted at least two to three rows apart. Infestation of pests or disease can occur more quickly if you plant all the same crop close together.

Planting fruits and vegetables with flowers, herbs, or other vegetables can provide several valuable natural resources to your garden.

Utilizing companion planting is not only beneficial for your plants but also helps maximize your space. Using different types of plants can help deter harmful insects, provide support for crops, offer shade to smaller plants, provide weed suppression, attract beneficial insects, as well as increase your overall soil health.



When planning your garden, you need to consider where you plant crops that may be in competition with one another. For instance, onions and beans should not be interplanted since onion plants stunt the growth of beans.

Companion planting allows you to tap into the benefits of having different root systems throughout your garden. Plants with taproots, such as carrots or radishes, can help alleviate soil compaction issues. Deep rooted crops like asparagus or watermelon can pull nutrients and water from deeper in the soil profile.

The scents and bright colors of herbs and flowers repel and confuse harmful pests and can attract beneficial insects and pollinators. Trap cropping is the practice of planting something between the main crop to attract harmful insects to it instead, therefore saving your main crop. This practice, along with adding bright colors, can also be utilized to attract pollinators and other beneficial insects.





Reflections

*"I'm not a people person, as everyone knows;
It's in the garden where my energy flows.*

*I talk to the birds, I talk to the trees,
I talk to the ants, and at times even the bees."*
- Bettyjane Brown

*"As I look out to my garden
I feel a sense of pride.
It really is a lovely room
except it is outside."*

- Marie Church



Asclepias curassavica seedlings for sale! At Caterpillar Chow owned by Ken Abernathy, a member dedicated to increasing Monarch butterfly population. Let's help!

PLANT	COMPANIONS	<u>DO NOT</u> PLANT NEXT TO
Asparagus	Tomato, basil, parsley	
Beans	Most vegetables and herbs	Onion, garlic, gladiolus
Cabbage Family (cauliflower, kale, broccoli)	Sage, dill, beets, peppermint, rosemary, corn, onion family, chard, spinach, sunflowers, nasturtiums	Fennel, strawberries, pole beans, tomatoes
Cantaloupe	Corn, sunflowers	potatoes
Celery	Onion, cabbage family, tomatoes, bush beans, nasturtiums	
Corn	Irish potatoes, beans, English peas, pumpkins, cucumber, squash	Tomatoes
Cucumber	Beans, corn, English peas, sunflowers, radishes, cabbage family	Irish potatoes, aromatic herbs
Eggplant	Beans, marigolds	Potatoes
Lettuce	Carrot, radish, strawberries, cucumber, onion	
Onion family	Beets, carrot, lettuce, cabbage family, tomatoes, strawberries, summary savory, tomato, asparagus	Beans, English peas
Irish Potatoes	Beans, corn, cabbage family, marigolds, horseradish, peas	Pumpkin, squash, tomatoes, cucumber, sunflowers, raspberries
Spinach	Strawberries	
Strawberries	Bush beans, spinach, borage, lettuce (as a border)	Cabbage
Tomatoes	Herbs, such as parsley, dill, and basil	Irish potatoes, fennel, cabbage family

