

Last month, during another hot July, we were served with a refreshing webinar by SCHS board member and Master Gardener Yvonne Savio, speaking on the topic of growing your own vegetables.

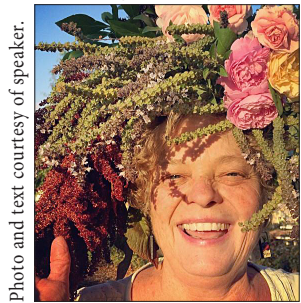


Photo and text courtesy of speaker.

She enjoys enabling others to reap the benefits of “growing your own.”

For 36 years, through the University of California, where she conferred with statewide vegetable, fruit, and ornamentals specialists, and then by revitalizing the Los Angeles County Master Gardener Volunteer Program, where she taught 1150 Master Gardeners who in turn served 1.3 million county residents. Since Savio’s retirement in 2015, she has continued inspiring home gardeners through presentations and by blogging on her [www.GardeningInLA.net](http://www.GardeningInLA.net) website. It’s small wonder that this timely presentation was well-attended, given her reputation and the increased interest in home edible gardening.

Savio began with an overview of fruits and vegetables that are native to the Americas, including beans, blueberries, corn, cucumbers, grapes, potatoes, squash, strawberries, sweet potatoes, and prickly pear fruits. She then moved on to the vegetables that can be grown during either the “warm” or “cool” seasons. For detailed growing

information broken down by month, you can check out Savio’s website.

As we are typically slowing down in our gardens during July and August, Savio spoke about “cool” season vegetables first, which we can begin to plant in a few months. Interestingly, unlike warm season vegetables, the edible parts of the cool season vegetables are typically not their fruits (with the exception of peas). We eat their roots (beets, carrots, parsnips, radishes), stems (asparagus, potatoes), leaves (cabbages, celery, lettuce, onions), and immature flowers (broccoli, artichoke). Best growing conditions are air temperatures of 55 - 75 F, and a minimum 4 to 6 hours of direct sunlight.

By contrast, during the “warm” season, we eat the mature fruits of the plants (melons, squash, tomatoes), as well as the immature fruits (beans, corn, cucumbers, eggplants, peppers, squash). Best growing conditions are air temperatures between 65 - 95 F, with a minimum of 8 hours of direct sunlight. (More sunlight relates directly to increased flavor development.)

Savio suggested that growing variety selections might depend on specific micro-climates, or on whether you want plants that either all ripen at once (good for canning, and preserving), or over a prolonged harvesting season so you can enjoy them fresh for an extended period. She also provided tips on germinating seeds, transplanting shoots, soil preparation, installing raised beds, sowing seeds for succession harvesting, companion planting, proper spacing,

trellising (to take advantage of vertical growing), how to lengthen seasons, irrigation (frequency and methods), mulching, harvesting and saving seeds.

She concluded her program by encouraging us to “eat our yards”, and then stayed online to field questions from viewers, both before and after the prize giveaway. If you missed the presentation you can download a copy of the hand-out she provided to accompany her talk by going to: [www.socalhort.org](http://www.socalhort.org) and accessing Past Meetings, or you can watch the entire program via the link below.

🌿 Sabine Steinmetz

*Click on the following link to see the entire presentation on SCHS’s YouTube channel:*

<https://www.youtube.com/watch?v=uZV8ikg1Zc0>

## SCHS MONTHLY GARDEN SHARE

*During August, we recommend protecting your plants from sun-scald on scorching days and continuing to monitor your plants’ water needs, adjusting your irrigation accordingly; otherwise, grab a cool drink and*

**TAKE A BREAK!**

🌿 Sabine Steinmetz

## SCHS Activities and Announcements

The SCHS is proud to announce that our organization has been fortunate to receive a very generous endowment from the Anna and Harry Borun Foundation to fund a horticultural speaker series in memory of Ruth Borun. She was a long-time member and supporter of our organization, and we are pleased to be able to honor her legacy by offering exceptional programs for our members. SCHS president John Schoustra and board member Carol Aronson have been working closely with the Borun estate to establish the parameters of how the endowment will be utilized, and more information will follow. We are grateful for the Boruns’ support, and are looking

forward to sustaining this speaker series for many years to come. The SCHS is also planning on rescheduling the tour of the Borun garden (postponed this last spring) as soon as it is safe to do so.

In addition to working with the Borun estate, the SCHS is continuing to expand the scope of its online outreach. As we are growing our social media presence and engaging with more visitors, we are also looking for ways to enhance content. A recent addition to our website is a virtual “Plant Forum”, exclusive to members, wherein they can submit plant photos to share, ask questions about, or seek advice from fellow members. To access

this feature, members must log into their SCHS account at [www.socalhort.org](http://www.socalhort.org), then hover over the 3-bar drop-down menu at the top right of the screen, and click on “Member Only” and then “Plant Forum.”

We, as SCHS members, can all try to make the best of these times by continuing to share our horticultural interests and knowledge with one another. In many ways, this is a great time to reach out because there are more ways than ever to stay in touch with one another, so we say to you:

*Thank you, and please - let us know how we’re doing!*

View SCHS on YouTube at: <https://www.youtube.com/channel/UCYYBy88Q361IQVnV69qgmGg>