

Idyllwild Garden Club
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Mountain Greenery Newsletter

Idyllwild Garden Club
September-December 2019

STILL TIME TO DO MORE GARDENING!

What a glorious summer we've had and it's not over yet. The heat we're experiencing now is what we are supposed to have, unlike last year when a dry, hot summer started in April and didn't let up until October. It was just as well many of us didn't plant veggies last year due to the water shortage, plus they wouldn't have survived during the fire evacuation!

This year however is what gardening is all about. A wet winter, fresh tomatoes every day, flowers brightening our yards. Now we can spend the next month coaxing our plants to hang in there while making plans for next year. What did well, what didn't? What would we like to add in that bare spot?

It's important you think about that now because fall is a wonderful time to plant bulbs and native plants. Look for a combination of early and late bloomers so your yard will give you pleasure from spring on. We hope you also enjoyed some trips and/or family time. Enjoy the present and get ready to embrace the fall!



ARE YOU GETTING OUR INFO?

If you are not getting updates, notices, or this newsletter by email, (*in living color*) we must not have your email, or we don't have a correct one. Please go on-line to add, or correct, or simply email Toni at tonestar@verizon.net and ask to have the email added, or edited.

MEMBERSHIP UPDATE:

Congratulations to all our new members! We now have 110 and what fun it is to see the room filled with so many eager gardeners who are willing to learn and to share.

Again, a big shout out to Julie Roy who took on the role of Membership Chair with her usual energy and enthusiasm. We still have some wonderful programs in the next few months, so continue to invite your friends to attend.

One of the benefits of being a member of the Idyllwild Garden Club is a 10% discount at the Idyllwild Gardens Nursery. So, when you shop, let them know you are a member.

NO MEETING IN NOVEMBER BUT....

We won't have a November meeting BUT we don't want you to forget about our *Holiday in the Pines party on December 3rd*. We have a planning committee to ensure there's no shortage of fun and lots of Holiday spirit. There will be ham and turkey and you are asked to bring a Holiday dish to share. (Hoping for those latkes again this year!)

Toni Berthelotte will still be in charge of the donations for the Help Center family we adopt. For our new members, this is what we do. We ask our members to donate cash/checks/or gift cards at the December meeting. If you will not be there (gasp!) you may mail a check, before December 1st, made out to Toni Berthelotte, 35061 Barbara Lee Dr., Mtn Ctr 92561. She then takes these donations and buys the items to fill the family's wish list. These are families who

would probably have a very slim Christmas without us! For the past six years, your generosity has allowed us to buy just what they needed plus a little cash to pay for a special dinner. Since our membership has increased significantly, we should be able to adopt two families this year. This is even more important now because many of our residents have been affected financially by the road closures.

DISCOVER MOUNTAIN GARDENING

Oct. 19th: Special Saturday program 1-4 pm

"Discover Mountain Gardening" at the Idyllwild Library with three expert gardeners to answer questions. There will be hand-outs, wildflower seed packets and bulbs for sale plus gardening books and pamphlets. Gary Parton will speak on how to grow lilacs in Idyllwild, a Master Gardener from Riverside County will be there to answer general questions and so much more.

WEBSITE UPDATES

We recommend you check our website before meetings, events, or trips as we update it as needed. www.idyllwildgardenclub.net The yearbook you received has this information, but it is a good idea to check the site for changes and current updates,

Note: If you have anything to contribute to the newsletter, a concern, or a question, please let me know. Toni B. tonestar@verizon.net 659-2907

JULY PICNIC AND AUGUST MEETING

We had a fantastic turn out for the July picnic. There were almost 40 members there to enjoy the barbecue (Thank you chef Paul Cozens and all who decorated and worked so hard to make it a lovely day.) and we had a great presentation by Shelley Kibby. She discussed the Cahuilla Indian's use of native plants for foods and medicines. (See a recipe for making acorn flour at the end of this newsletter.)

The August meeting had a panel discussing critter control. There were many ideas for ways to discourage their presence, vs eliminating them (i.e. gophers) How to use poisons in such a way that pets, etc. cannot consume them, and to avoid other critters eating animals that have consumed poison, Most agreed that the Yard Butler is an excellent way to administer poison pellets directly into gopher's runways so that they die underground.

THE BIRTHDAY CLUB:



(Please let Toni know if you have been left out, or if your information is wrong!)

- | | |
|------------------------|-------------------------|
| 9/1 - Martha Lumia | 9/2 - Pat Hughes |
| 9/3 - Pamela Walton | 9/13 Nancy McIntosh |
| 9/17 Wendy Read | 9/19 Joy Allgeier |
| 9/19 Lynne Eodice | 9/28 Steve Davison |
| 9/30 Stephen Olson | 10/1 Nadine (Sue) Black |
| 10/3 Daniel Suiffet | 10/4 Paula Jo King |
| 10/8 Sherry Edwards | 10/15 Barbara Larsh |
| 10/21 Stephanie Yost | 10/26 Chris Johnson |
| 11/1 Diane Polakoff | 11/6 Debbie Roeder |
| 11/8 Darlene Beebe | 11/11 Erica Klair |
| 11/20 Toni Berthelotte | 11/29 Chic Fojtik |
| 12/4 Mike Feyder | 12/6 Katherine Grigsby |
| 12/8 Monique Zander | 12/9 Helen Hixon |
| 12/13 Gary A Parton | 12/16 Julie Koppel |
| 12/25 Edith Brix | 12/26 Patti B Morgan |
| 12/26 Mary Rider | 12/31 Rosie Molina |

MEETING: SEPTEMBER 3RD

Slate of officers will be presented.
 Light refreshments 12-12:30, Meeting & raffle 12:30-1:00, Program at 1:00: Native plants and seeds and “how to” grow them in our decomposed granite soil: Presented by the Tree of Life Nursery in San Juan Capistrano. They will bring plants to sell at our meeting.

ROAD TRIP: SEPTEMBER 4TH

Join us for a beautiful drive along the Ortega Highway to the Tree of Life Nursery in San

Juan Capistrano. Carpools suggested. We will leave the church parking lot at 9 a.m.

OCTOBER MEETING

Election and installation of officers
 Light refreshments 12-12:30, Meeting & raffle 12:30-1:00, Program at 1:00: Whimsy in the Garden: How to make garden décor from recycled junk. Guest speaker, Dennis Cavanaugh. For those interested, there will be a trip to his garden after the meeting to see “his art” in the garden.

GARDEN GIGGLES:

My wife said that if I buy any more plants, she'd leave me! Darn, I'm going to miss that woman.

NOMINATING COMMITTEE UPDATE

Our nominating committee did a fantastic job lining up our officers and chairs for the 2019-2020 board. Also, a big **thank you** to all of those who agreed to fill their positions for another year. The only post we hoped to fill that is still vacant is Newsletter. Please consider taking this position. Any questions, call Toni Berthelotte 659-2907, or 858-472-4337.

TO HELP NATURE, TO HELP OURSELVES

(Edited excerpt from Flora Magazine-Summer 2019)
 “The U.N. biodiversity report concluded that one million plant and animal species are on the verge of extinction... But there is hope. It is not too late to make a difference, but only if we start now at every level...stressing the importance of making residential and commercial landscapes part of the natural ecosystems: Nature preserves are not large enough to meet our needs, so we must restore the natural world where we live, work and play. 85% of the U.S. is privately owned, which makes that an opportunity for long-term conservation. Insects are an ideal place to start...there are things we need to be doing now to help them. 1. Don't use pesticides, 2 reduce competition from invasive weeds., 3 plant more local natives everywhere, in your yard,

housing complex, church, school, parks etc. In other words, “Garden as if your life depended on it.”

This is why we (IGC) will be selling custom wildflower native seed packs in October. The early fall is the perfect time to get these little treasures in the ground. You can let them reseed and spread to your heart’s content or control them through container gardens. No matter which way you do it, you will be keeping the environment healthy, support insect life and beautify your yards.

ACORN FLOUR RECIPE

Oak trees tend to produce acorns in waves. For a few years, there might not be many, and then one year, they're all over the place. If you're inundated with acorns this autumn, make the most of your bounty by turning them into nutritious flour that can be used to make pancakes and bread, or soup.

Collect your acorns. Avoid anything that has a damaged shell, especially a dark hole or small circular scar on it about the diameter of a pencil lead. Those acorns have worms in them and are no good.

Shell the acorns. When dry, many will open themselves. If you wait for them to dry out, make sure that they get plenty of air, you don't want them to rot. If you have a dehydrator, you may consider speeding the process. Keeping them in the oven may work too if it has a pilot light.

Grind the acorns. You can grind them in a food processor, or another option is to put them up in a blender with some water. Don't be stingy with the water, you'll be rinsing them out several times before your flour is ready. Think acorn smoothie.

Rinse out the tannins. Acorns contain tannic acid which is bitter, and not good for your kidneys (or iron absorption). The good news is that it is water soluble and easy to remove.

- If you made acorn mush, drape a cotton dishcloth over a deep bowl, pour in your mush and rinse it with warm water. Wring out the mush by bringing the corners of the towel together and twisting. Taste the mush, if bitter, repeat.
- If you have ground acorns, flush them with water. The amount of time it'll take to rinse out the tannins depends on which kind of oak tree the acorns are coming from. See the Tips below.
 - Cold water. Place ground acorns in a large bowl of water. After the acorn meal settles out, decant the water. Repeat 2-3 times a day. If the acorns are from the black oak group, this can take 6-12 days. This method

is best for maintaining the integrity of the kernel so that the resulting flour sticks together better (for making bread and other things).

- Running water. If you have an appropriate container, you can put the acorn meal in the stream and this will quicken the process.
- Hot water. Bring the shelled, pounded kernels to a boil and change the water every 45 minutes or so for about 6 or 7 hours of boiling. This works best in a large pot on a wood stove. You will know when they are done, as they will taste very bland (no bitterness and no astringency). This method is faster and doesn't require the kernels to be ground into a coarse meal (small pieces are fine), but it alters the texture of the kernels and they don't stick together as well.

Dry out the mush. Next spread the mush out on a cookie sheet and either leave it in the sun on a hot dry day, put it in your dehydrator, or put it in your oven after baking some cookies or something and let the residual heat do the job. Stir the mush occasionally to speed the process. If it clumps up and looks like ground beef, it is probably going well. **WARNING:** Even acorns that taste relatively nice straight out of the shell (such as most members of the white oak group) still contain tannins and eating large quantities could cause troubles (e.g., stomach upset, loss of nutrients due to tannins binding with proteins).

SUNSHINE COMMITTEE

If you are aware of any GC member who needs some cheering up, or just an indication of our concern, please contact Patti Morgan (760-636-2567) our Sunshine Chair.