



Beyond the Garden Gate

Elk Grove Garden Club

A Message from our Co-Presidents

Maureen Slocum and Mary Anne Strohmaier



“Autumn is a second spring when every leaf is a flower.” – Albert Camus

As the vibrant colors of autumn begin to color our gardens, we are filled with gratitude for the dedication and passion each of you brings to our club. October is a month of transformation, where the fruits of our labor are on full display, and we prepare our gardens for the cooler months ahead.

This season, let's celebrate the beauty of change and the resilience of nature. Our gardens remind us that even as the days grow shorter and the air crisper (hooray!), there is always something to look forward to. Our gardens are a testament to hope and renewal.

Take time to reflect on our achievements, be proud of what we have accomplished together, and be excited for the future.

Please remember to bring your water bottle to our meeting.

October birth month flowers – Marigolds and Cosmos



Mary's gold stems from the Middle Ages when marigolds were sometimes used instead of coins or gold to offer prayers. Marigolds are sturdy flowers, surviving through autumn. This gives them the meaning of stubbornness and determination. They also symbolize warmth, passion, and creativity.



The cosmos flower gets its name from the Greek word Kosmos, which means “world”, “order” or “a harmonious arrangement”. This is because cosmoses have very neatly ordered pedals, reflecting the order and harmony of the universe-a.k.a. the cosmos. They represent luck and have many medicinal purposes.

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**Thursday,
October 10**

10a – social

10:30a – meeting begins
Gil Albani Recreation Center
8830 Sharkey Ave.

October Speaker

The Elk Grove Police Department
Volunteers in Service – Power
Against Fraud Seminar.

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Refreshment Committee

October - Juana Zamora, Team Leader, Marianne Folkers, Chris Duane, Gayle Martin, Marilyn Peterson, Maureen Slocum

November - Pat Pereira and Jane Evans – Team Leaders; Linda Brett, Jennie Hertzler, Mary Lee Trimmer, Ines Wright, Chris Duane, Patti Jong

October Meeting

Elk Grove PD wants our citizens to be prepared for potential fraud and economic crimes. Older adults are seen as easy targets of crimes such as identity theft, telemarketing and internet fraud, impersonation scams, door-to-door scams, and street cons.

At this **ALL-NEW** fraud prevention seminar, you will learn simple yet effective self-defense strategies to increase your **POWER AGAINST FRAUD**. Don't let yourself fall victim to fraud. Take advantage of the opportunity to harden yourself as a target by attending this on-site seminar.

October Birthdays

Barbara Wakley 10/02

Inge Biggs 10/04

Jane Olson 10/07

MaryLee Trimmer 10/14

Rhinda Sharples 10/15

DeAna Melilli 10/19

###

April Plant Sale

October is a great month to start cuttings and/or divisions of perennials for our plant sale. Remember to make a label for your plant(s) and include the date of cutting or division.

EGGC will provide labels for our plant sale so that all plants will be labelled the same and have all the information needed. A sample will be included with each packet of labels.

In addition, if you need potting soil or pots, contact Vivian Sellers.

At our February meeting, we will start seeds of flowers and vegetables for the sale. We will need empty, washed pony-packs. Please start saving now.

###

Did You Know?



Dandelion facts!

Dandelions are NOT weeds, but are from the same family as sunflowers.

A dandelion seed can travel up to 5 miles before it lands.

Every part of the dandelion is edible. Dandelion leaves are used to add flavor to salads, sandwiches, and teas. The roots are used in some coffee substitutes, and the flowers are used to make wines. 1 cup of dandelion greens = 535% of your daily recommended vitamin K and 112% of vitamin A

Up until the 1800's, dandelions were seen as extremely beneficial. People would remove grass to plant dandelions.

Dandelions are good for your lawn. Their wide-spreading roots loosen hard-packed soil, aerate the earth and help reduce erosion. The deep taproot pulls nutrients such as calcium from deep in the soil and makes them available to other plants. While most think they're a lawn killer, dandelions actually fertilize the grass.

They are called pioneer plants or ruderals because they are the first plants to grow on land that has been disturbed (like land after a wildfire).

A single dandelion head has up to 300 tiny petals that form to make the yellow plant. If your garden is mostly green and shaded, these plants are a fantastic way to add a pop of color.

National Dandelion Day is celebrated each year on April 5.

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Garden Corner



You do not have to live in a bird sanctuary to feel as if you do. Attracting birds to your yard shall provide a never-ending show.

Fall is a great time to get started filling the bird feeders. As birds prepare for migration, some of our feathered friends appreciate the food you can provide. Hummingbirds, particularly, benefit from a supply of sugar water during a cold spell.

October is a busy time for backyard birds. You will see waxwings, native sparrows, bushtits, and finches at your feeders and birdbaths this month. To attract the widest range of birds, choose a seed blend mixed best suited for the birds in our area. For hummingbirds cover the feeder with a sock to keep the fluid warm.

Fruit is an important part of a bird's diet, but it can be hard to find in the winter. Birds enjoy fruit, and you can feed them roasted apples in a variety of ways. Add a few chunks of an apple, half an orange, or some raisins to a feeding platform or tray.

The perfect healthy treat for us and the birds, roasted apples! I have a feeling these will be a weekly must have once fall is in full swing, plus they made my house smell delicious.

Roasted Apples

Ingredients: apples and cinnamon

- Remove apple core. I most likely did this wrong since half of the apple was missing when I removed it but you get the idea.
- Thinly slice the entire apple.
- Line a cookie sheet with parchment paper and place apple slices on it.
- Sprinkle with cinnamon.
- Bake at 275 degrees for two hours. At the end of hour one flip them over so they bake evenly. Check on them at the hour mark and every 30 minutes after that. Once they look nice and crispy take them out.



These are SO good!!

There is nothing like sharing a tasty treat with a feather Friend! Apples 🍎🌳🍎🐦

By: DeAna Melilli, Landscape Committee

###



Pumpkin Succulent Class

IMPORTANT! Please bring your succulent cuttings to the October meeting. Please put 3"-4" cuttings in a box or something sturdy. Cuttings tend to break in plastic bags. You can also bring to my house by Oct. 16th.

I need 10 glue guns, so if we can borrow yours, please bring to the meeting also.

Thanks for helping make this class a success.

Vivian Sellers

###

Master Gardener Training 2025

Would you like to become a UC Master Gardener? If you are a Sacramento County resident and able to contribute 50 hours of community volunteer work within the first year after graduation, please continue to read about the training program.

https://sacmg.ucanr.edu/Master_Gardener_Training/

Applications will be available here Tuesday, September 10, 2024. **Last day for submitting applications is Thursday, October 10, 2024.**

###



October Garden Checklist

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By Jan Fetler



- Continue to water if it is warm and dry. Turn off automatic watering systems when rains arrive.
- Plant vegetable seeds outdoors: bok choy, chard, collards, peas, spinach, radishes, lettuce, carrots, etc.
- Plant garlic and shallot cloves.
- Plant a cover crop to till in next spring if you do not plant winter vegetables.
- Harvest pumpkins and winter squash and cure them in a cool place.
- Plant trees, shrubs and perennials that survive frost so they develop a large root system during the fall and cool season.
- Divide, and re-plant overgrown perennials that have finished blooming.



## Calendar Upcoming Events

**October 5** (Saturday) 9a till 1p

**UC Davis Arboretum Plant Sale** (Members only)

<https://campusmap.ucdavis.edu/?b=204>

**October 5/6** (Saturday/Sunday) 10a till 4p

**Shepard Garden & Arts Center Fall Plant Sale**

3330 McKinley Blvd., Sacramento

**October 13** (Sunday) 10a till 2p

**Big Oak Nursery Fall Festival**

10071 Grant Line Road, Elk Grove

See flyer on page 8

**October 16** (Wednesday) 9a till Noon

**Wednesday Open Garden**

Sacramento Master Gardeners

Fair Oaks Horticulture Center

<https://sacmq.ucanr.edu/?calitem=572625>

**October 26** (Saturday) 9 till 10a (Members), 10a till 1p (Everyone)

**UC Davis Arboretum Plant Sale** (Clearance)

<https://campusmap.ucdavis.edu/?b=204>

**November 16** (Saturday) 9a till 1p

**UC Davis Arboretum Plant Sale** (Clearance)

<https://campusmap.ucdavis.edu/?b=204>

**Nov. 16/17** (Saturday/Sunday) 1 till 4p/10a till 2p

**Chrysanthemum Show and Sale**

Shepard Garden & Arts Center

3330 McKinley Blvd., Sacramento



## **Sacramento River Valley District Meetings**

**November 12, 2024** (Tuesday) 8:30a – 1:30p

Shepard Garden and Arts Center  
3330 McKinley Blvd, Sacramento, CA 95816  
Registration fee is \$5.00, Luncheon is \$10.00  
Program Presenter: Bonnie Gault-Blue

Speaking on “Landscaping with Native Plants”  
Bonnie has an MA degree in Counseling Psychology and has worked with the mentally ill for many years. Her interest in native plants began about fifteen years ago after she began growing vegetables and flowers.

She learned how to grow native plants, and through experience and research, how to develop native plants landscapes.

She also wants to bring native bees and butterflies back to suburban yards. She offers classes on these subjects to members of the Renaissance Society in affiliation with California State University, Sacramento.

Clipboard will be passed around at meeting for those who are interested in attending SRVD meeting.

**February 11, 2025** (Tuesday) 8:30a till 1:30p

Speaker – McKenzie Wieser, CEO  
Sacramento Splash

**May 12** (Tuesday) 8:30a till 1:30p

Speaker – Judy Eitzen, Rosarian and Master Gardener

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### **Elk Grove Garden Club Leaders**

Co-Presidents – Maureen Slocum and Mary Anne Strohmaier

Vice-President – Ana Weekley

Secretary – Mary Lou Lange

Treasurer – Susan Muckey

<https://www.elkgrovegardenclub.org/>

#### **Elk Grove Garden Club is a member of:**

Sacramento River Valley District  
California Garden Clubs, Inc.  
Pacific Region of National Garden Clubs, Inc.  
National Garden Clubs Inc.

### **The Newsletter Team**

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### **This Month's Contributors**

Maureen Slocum, Mary Anne Strohmaier and  
DeAna Melilli

