



In October, just ahead of our prime planting season, the SCHS welcomed Florence Nishida, M.S., a Research Associate at the Natural History Museum of Los Angeles County, who presented a remarkable program on growing Asian vegetables in Los Angeles. She not only showed us slides of which Asian vegetables home gardeners can successfully cultivate, but also provided tips on extending the growing season for these edibles. She also shared food prep ideas and simple recipes.

Since joining the Master Gardeners of Los Angeles County in 2008, Nishida has been helping L.A. residents, most notably in under-resourced communities, to



Photo courtesy of speaker.

become more self-sufficient by growing food at home. She also started the first edible/teaching garden at the Natural History Museum where she has taught Beginning Vegetable Gardening classes, and in 2010 founded the non-profit L.A. Green Grounds ([www.lagreengrounds.org](http://www.lagreengrounds.org)) to further her teaching goals. With this group, she has created many front-yard, edible gardens to demonstrate that people can improve their diets, health and physical stamina through the home growing of food. Her teaching skills were evident in her presentation, which was packed with information and was very well-organized and easy to follow.

Nishida began her program with her list of reasons why Asian vegetables should warrant a spot in L.A.'s home gardens, including that they are easy to grow in our climate and typically have long fruiting/harvesting seasons. She also mentioned that some are perennials which can find a permanent place in the landscape, and many are suited for small space gardens or container planting. These vegetables are also nutritious and quick-cooking with abundant recipes available for their use.

She then presented information about the vegetables, organized in categories, beginning with legumes (peas and beans). This group "fixes" nitrogen in the soil, which helps them – and their neighboring

plants – to grow without needing a lot of supplemental fertilizers. Nishida encouraged us to try eating the shoots of snow and snap peas, as well as the pods; planting the legume seeds next to other vegetables that would be finishing their season when the legume shoots would be coming up; and experimenting with yard-long beans (available at farmer's markets).

From there, Nishida went on to brassicas – the cabbage family – which features many Asian food staples including bok choy, tatsoi, 'Green Glaze' heirloom collard, mizuna (which has a long harvest and is drought-tolerant), Osaka purple mustard, amaranth (Chinese spinach), Malabar spinach, and the well-known Japanese cucumber. She also provided planting tips and images of easy-to-prepare dishes for many of these plants.

Members of the gourd family were shown next (Kabocha pumpkins and melons); then Solanum (Shishito pepper and Japanese eggplant – a perennial), followed by roots and tubers (Daikon radish, Japanese turnip 'Mikado', Japanese sweet potato ('Murasaki' and 'Satsuma' varieties) and Japanese taro, or Sato-imo – another perennial, and finally herbs (lemon grass, Thai basil – a perennial bee-magnet, Shungiku (edible chrysanthemum) and Shiso from the mint family).

For all of her plant categories, Nishida also provided advice on the proper spacing for planting various vegetables, how to build appropriate supports, when and how to harvest the different edible parts of specific veggies, gave suggestions for irrigation and reminded us about the importance of continuously harvesting the edible portions of these plants to prolong their production season. She wrapped up the slide portion by sharing some Asian seasonings that would enhance the flavors of these edibles, including sweet rice wine, soy sauce, sesame oil, oyster sauce, chile oil, Chinese and Japanese all-spice combinations and fresh ginger. All of the vegetables and seasonings should be readily available for purchase in the greater Los Angeles area.

The webinar concluded with our monthly give-away and a Q&A session with Nishida, providing those who stayed on with even more information on

fertilizing, pest control, the L.A. Green Grounds program, and even offering seeds she has collected to our audience! As we all get ready to refresh our gardens this fall, we now have a whole new palette of edible plants with unusual shapes, textures, scents and colors to choose from for planting. As many of us are spending more time at home these days, we might choose to expand upon what vegetables we grow at home, and become better "farmers" and cooks as we experiment in our gardens and kitchens!

🌿 Sabine Steinmetz

*To watch this presentation on SCHS's YouTube channel, click on the following link:*

<https://www.youtube.com/watch?v=8tco9QCGqCM>

## SCHS MONTHLY GARDEN SHARE

*Enjoy your gardens this month – whether or not you do any planting!*

- Do an overall clean-up
- Leave some of your leaf mold to decompose & feed plants
- Finish pruning perennials
- Refresh your mulch as needed
- **BEGIN YOUR PLANTING!**
  - cool season vegetables
  - California natives
  - new perennial shrubs
  - seasonal favorites/annuals
- Put in bulbs for the spring and divide older ones

**HAVE A SAFE and HAPPY THANKSGIVING!**

🌿 Sabine Steinmetz


*Find more on SCHS on the following online outlets:*

[www.facebook.com/pg/socalhort](http://www.facebook.com/pg/socalhort) • [www.instagram.com/socalhort](http://www.instagram.com/socalhort) • [www.socalhort.org](http://www.socalhort.org)

**COVID-19 UPDATES FOR LOCAL GARDEN VENUES**

*Organizations below that have reopened as of press time are marked  Those with only an online presence, or holding virtual meetings, are marked *

Please support your local favorites, but check with individual venues for updated info if you are planning a visit. And don't forget, your local nurseries need support too!

 **CALIFORNIA BOTANIC GARDEN**  
(formerly RANCHO SANTA ANA)  
1500 N. College Ave., Claremont 91711  
909.625.8767 www.calbg.org

 **CALIFORNIA NATIVE PLANT SOCIETY**  
SAN GABRIEL MOUNTAINS CHAPTER  
1750 N. Altadena Dr., Pasadena 91107  
818.398.5420 www.cnps-sgm.org

 **CALIFORNIA NATIVE PLANT SOCIETY**  
L.A./Sta Monica Mtns Chapter / Sepulveda Garden Ctr  
16633 Magnolia Blvd., Encino 91436  
818-782-9346 www.lasmmcnps.org

 **COASTKEEPER GARDEN**  
1560 E. Santiago Cyn. Rd., Orange 92869  
714.850.1965 www.coastkeeper.org

 **DESCANSO GARDENS**  
1418 Descanso Drive, La Canada 91011  
818.949.7980 www.descansogardens.org

 **EATON CANYON NATURE CENTER**  
1750 N. Altadena Dr., Pasadena 91107  
626.398.5420 www.ecnca.org

 **FULLERTON ARBORETUM**  
1900 Associated Road, Fullerton 92831  
657.278.3407 www.fullertonarboretum.org

 **HUNTINGTON BOTANICAL GARDENS**  
1151 Oxford Road, San Marino 91108  
626.405.2100 www.huntington.org

 **LOS ANGELES COUNTY ARBORETUM**  
301 N. Baldwin Ave., Arcadia 91007  
626.821.4623 www.arboretum.org

 **NATURALHISTORYMUSEUMOFLA.**  
900 Exposition Blvd., Los Angeles 90007  
213.763.3466 www.nhm.org


 **RANCHO LOS ALAMITOS**  
6400 E. Bixby Hill Rd., Long Beach 90815  
562.431.3541 www.rancholosalamitos.org

 **RANCHO LOS CERRITOS**  
4600 Virginia Road, Long Beach 90807  
562.206.2040 www.rancholoscerritos.org

 **SAN DIEGO BOTANIC GARDEN**  
230 Quail Gardens Dr., Encinitas 92024  
760.436.3036 www.sdbgarden.org

 **SOUTH COAST BOTANIC GARDEN**  
26300 Crenshaw Blvd., Palos Verdes 90274  
310.544.1948 www.southcoastbotanicgarden.org

 **THEODORE PAYNE FOUNDATION**  
10459 Tuxford St., Sun Valley 91352  
818.768.1802 www.theodorepayne.org

 **UC RIVERSIDE BOTANIC GARDENS**  
900 University Ave., Riverside 92521  
951-784-6962 www.gardens.ucr.edu

 *Yvonne Savio*  
www.gardeninginla.net/blog

**LOS ANGELES BIODIVERSITY SYMPOSIUM 2020**

*This event is for 5 days from Monday, November 16 through Friday, November 20, 3:00-5:00 pm daily.*

The Association of Professional Landscape Designers Greater Los Angeles (APLD) and LA Sanitation & Environment (LASAN) are presenting this deep dive into issues surrounding biodiversity, to which the future of our ecosystem, health, economy and environmental function are all integrally linked. Los Angeles is one of only 36 Biodiversity Hotspots on the planet, however signals of extinctions and loss are building. A diverse group of experts has been assembled for this symposium to inform and educate on this subject. Garden by garden, park by park, steps can be taken to change the narrative of environmental degradation and preserve biodiversity.

For more information, contact Johanna Woollcott, Wild Gardens, 310-592-6120. Tickets range from \$10 - \$60. To register and purchase tickets, go to: <https://www.eventbrite.com/e/apld-and-lasan-biodiversitysymposium-tickets-119025353035>.

**STUDENT FELLOWSHIP/GRANT OPPORTUNITY**

SCHS is sharing this information with our student members and supporters, as an opportunity to further their careers in horticulture.

The Garden Club of America 2021 Hope Goddard Iselin Fellowship is offered in partnership with the American Public Gardens Association. This

fellowship in Public Horticulture awards up to a \$5,000 grant to a student enrolled in a graduate-level university program to study public horticulture through experiential learning that takes place at a recognized public garden, botanic garden, arboretum, or other closely aligned public horticulture institution.

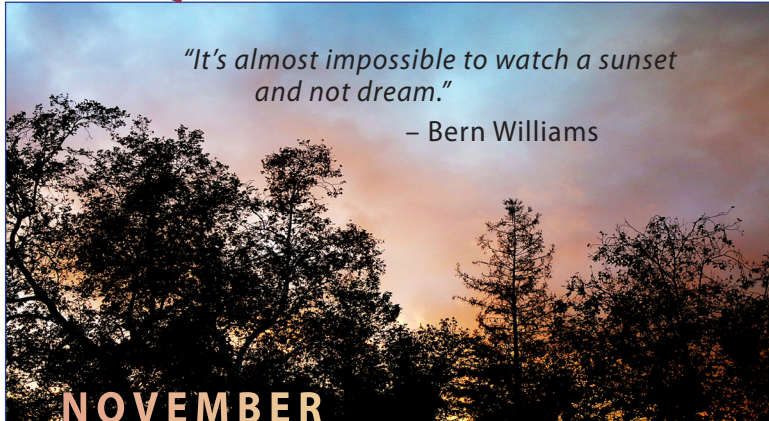


**Link to:**  
**Application/Nomination**  
**Deadline: February 1, 2021**

*Until we are able to meet again in person, monthly programs will continue to be scheduled as online webinars.*

-  November 12 - Dennis Mudd, creator of Calscape, speaking about Native Restoration Landscaping  
 WEBINAR
-  December 10 - Steve Gerischer, Owner of Larkspur Garden Design, presents "Mission Possible: Growing Roses Organically"  
 WEBINAR
-  January 14 - Stay tuned for new programs in the new year!  
 TBA

## GARDEN QUOTE OF THE MONTH



*"It's almost impossible to watch a sunset and not dream."*

– Bern Williams

**John Schoustra** - President, Field-Trip Committee, Finance Committee, Plant Raffle, Plant Sales at meetings  
**Steven Gerischer** - Vice President, Oral History Committee, PR  
**Laura Bauer** - Treasurer, Finance Committee, Website Committee, HOTY Event Committee, Voicemail  
**Pat Steen** - Membership Secretary, Recording Secretary, Field Trip and Coffee-in-the-Garden Committees, Greeter  
**Carol Aronson** - Field Trip & Coffee-in-the-Garden Committees, Program Committee  
**Carol Bornstein** - Program Committee  
**Aprille Curtis** - Social Media Committee, Plant Forum supplies  
**Fleur Nooyen** - Program Committee  
**Steven Ormenyi** - Finance Committee  
**Yoav Paskowitz** - Finance Committee, Oral History Committee, Website Committee, Newsletter Copy Editor  
**Yvonne Savio** - Horticultural Happenings, Field Trip and Coffee-in-the-Garden Committees  
**Lili Singer** - Board Nomination Committee, PR, Archives, Social Media Committee  
**Sabine Steinmetz** - Newsletter Editor, Sharing Secrets, Graphic Design  
**Jill Vig** - Coffee-in-the-Garden Committee, Oral History Committee, Special Projects

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Contributors to this issue: Dennis Mudd, Yvonne Savio

Next deadline: **Monday, November 16** (for December newsletter)  
 Please contribute an article or information of interest.



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 Pasadena CA 91109-4476

**NEWSLETTER November 2020**