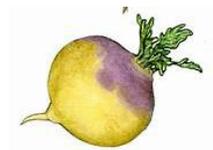


# The Sprout



## What To Choose For Your Fall - Winter Garden?



While people in colder climates are preparing to hang up their hoes, for Southern California gardeners Fall presents a bountiful selection of cool-season crops to pick from. For us, this is the best time to grow carrots, beets, turnips, potatoes and radishes, lush rows of lettuces, towers of peas and all those spicy, brassicas like broccoli, cauliflower and kale.

**BE SURE TO SEE THE PLANTING GUIDE ON THE LAST PAGE**



# Member Spotlight

By Paul Gavaza

I am glad to spotlight our gardener Mrs Sakhile Dube. Sakhile lives in Beaumont with her husband, Pastor Luckson Dube. Sakhile's interest in gardening started when she was a little girl back in Zimbabwe. She has been gardening here at the Calimesa Community Garden (CCG) since 2014. Her passion for gardening is palpable to all who know her. She says that gardening is a de-stressor and a form of exercise, "so it's a double benefit".

Sakhile mostly grows corn, onions and collard greens on her two small plots at CCG. Because of her gardening she does not have to buy her favorite collard greens from the store. She likes gardening at the CCG because it is close to her house, and she gets an opportunity to meet and share ideas with other gardeners.

At CCG, Sakhile is responsible for tending to flowers at the entrance of the garden a service we all appreciate. Asked to offer some words of advice to other gardeners, Sakhile wrote, "Just have fun with the soil and explore and try different crops. It is so satisfying to actually grow your own crops and vegetables instead of buying them from the store. You are also assured of eating pesticide-free crops when you grow them yourself."

Sakhile is a nurse and nurse educator by profession. Sakhile and Luckson have two lovely adult sons, one is married and the other is pursuing graduate studies. During her spare time, Sakhile enjoys spending time with her family, cooking, traveling and reading.



# We Had Rain In Calimesa!

Rain that is so very needed, and of course we need much more. One thing for us gardeners after it rains, is that it waters the weeds too, darn it. Making it time to get busy and put our gloves on.

We need to be good to ourselves and our neighbors to remove them quickly before they begin to choke out our veggies or spread seeds to our fellow gardeners.



## FRIENDLY GARDEN REMINDERS

PLEASE SEE THE PHOTOS BELOW — JUST A FEW FROM THAT LAST QUARTER



The lumber in the above photo was placed incorrectly into the bin for regular trash—like plastic, instead of into a green waste bin.

Also left too tall.



The plastic and metal in the above photo was placed incorrectly into the bin for green waste—instead of into the regular trash bin for things like plastic and metal.



The food trash and plastic in the above photo was placed incorrectly into the bin for green waste—instead of into the regular trash bin for things like plastic and metal.

**PLEASE UNDERSTAND WE ARE PROVIDED WASTE SERVICES FOR FREE.  
WE DO NOT WANT TO LOSE THAT PRIVILEGE, OR PAY ANY FINES.**

## SEED & PLANT RESOURCES

THE FOLLOWING WEBSITES ARE FOR YOUR CONVENIENCE ONLY  
NO CLAIMS, NOR RECOMMENDATIONS ARE MADE

<a href="http://www.anniesannuals.com">www.anniesannuals.com</a>	<a href="http://www.irisheyeseedsgardenseeds.com">www.irisheyeseedsgardenseeds.com</a>	<a href="http://www.seedsofchange.com">www.seedsofchange.com</a>
<a href="http://www.artisticgardens.com">www.artisticgardens.com</a>	<a href="http://www.johnnyseeds.com">www.johnnyseeds.com</a>	<a href="http://www.seedstrust.com">www.seedstrust.com</a>
<b>Baker Creek Seeds</b> see	<a href="http://www.kitazawaseed.com">www.kitazawaseed.com</a>	<a href="http://www.selectseeds.com">www.selectseeds.com</a>
<a href="http://rareseeds.com">rareseeds.com</a>	<a href="http://www.kitchengardenseeds.com">www.kitchengardenseeds.com</a>	<a href="http://www.skyfiregardenseeds.com">www.skyfiregardenseeds.com</a>
<a href="http://www.botanicalinterests.com">www.botanicalinterests.com</a>	<a href="http://www.landrethseeds.com">www.landrethseeds.com</a>	<a href="http://www.southernexposure.com">www.southernexposure.com</a>
<a href="http://www.burpee.com">www.burpee.com</a>	<a href="http://www.localharvest.org/store/seeds.jsp">www.localharvest.org/store/ seeds.jsp</a>	<a href="http://www.stokeseeds.com">www.stokeseeds.com</a>
<a href="http://www.chileplants.com">www.chileplants.com</a>	<a href="http://www.logees.com">www.logees.com</a>	<a href="http://www.superseeds.com">www.superseeds.com</a>
<a href="http://www.cooksgarden.com">www.cooksgarden.com</a>	<a href="http://www.nativeseeds.org">www.nativeseeds.org</a>	<a href="http://www.sustainableseedco.com">www.sustainableseedco.com</a>
<a href="http://www.dixondalefarms.com">www.dixondalefarms.com</a>	<a href="http://www.neseed.com">www.neseed.com</a>	<a href="http://www.territoriaalseed.com">www.territoriaalseed.com</a>
<a href="http://www.fedcoseeds.com">www.fedcoseeds.com</a>	<a href="http://www.nicholsgardennursery.com">www.nicholsgardennursery.com</a>	<a href="http://www.tomatofest.com">www.tomatofest.com</a>
<a href="http://www.gardeners.com">www.gardeners.com</a>	<a href="http://www.parkseed.com">www.parkseed.com</a>	<a href="http://www.tomatogrowers.com">www.tomatogrowers.com</a>
<a href="http://www.gardensalive.com">www.gardensalive.com</a>	<a href="http://www.raintreenursery.com">www.raintreenursery.com</a>	<a href="http://www.totallytomato.com">www.totallytomato.com</a>
<a href="http://www.groworganic.com">www.groworganic.com</a>	<a href="http://www.rareseeds.com">www.rareseeds.com</a>	<a href="http://www.ufseeds.com">www.ufseeds.com</a>
<b>(Peaceful Valley)</b>	<a href="http://www.reimerseeds.com">www.reimerseeds.com</a>	<a href="http://www.vermontbean.com">www.vermontbean.com</a>
<a href="http://www.gurneys.com">www.gurneys.com</a>	<a href="http://www.reneesgarden.com">www.reneesgarden.com</a>	<a href="http://www.victoryseeds.com">www.victoryseeds.com</a>
<a href="http://www.harrisseeds.com">www.harrisseeds.com</a>	<a href="http://www.rhshumway.com">www.rhshumway.com</a>	<a href="http://www.waysidegardens.com">www.waysidegardens.com</a>
<a href="http://www.heirlooms.org">www.heirlooms.org</a>	<a href="http://www.richters.com">www.richters.com</a>	<a href="http://www.whiteflowerfarm.com">www.whiteflowerfarm.com</a>
<a href="http://www.heirloomtomatoes.net">www.heirloomtomatoes.net</a>	<a href="http://www.sandhillpreservation.com">www.sandhillpreservation.com</a>	<a href="http://www.woodprairie.com">www.woodprairie.com</a>
<a href="http://www.heritageharvestseed.com">www.heritageharvestseed.com</a>	<a href="http://www.seedsavers.org">www.seedsavers.org</a>	
<a href="http://www.highmowingseeds.com">www.highmowingseeds.com</a>		

It's the time of year we begin make our lists—orders for next year. Since we do not receive many catalogs anymore, I thought the members would find these sites helpful. Brandy Escamilla

### PLEASE NOTE THE FOLLOWING:

THE ABOVE LISTED SEED & PLANT SITES — I BELIEVE — ALL ARE WORKING, AS I CHECKED MOST OF THEM. THERE ARE MORE ON THE CCG WEBSITE RESOURCE PAGE., — THAT PARTICULAR PAGE IS DUE FOR UPDATING.

## Flea Beetles Love the Brassicas

Symptoms of flea beetle feeding are small, rounded, irregular holes; heavy feeding makes leaves look as if they had been peppered with fine shot. Some species can also vector/transmit serious diseases such as potato blight and bacterial wilt of corn from plant to plant. Further damage may be done by the larvae, which feed on plant roots.



Organic Controls:

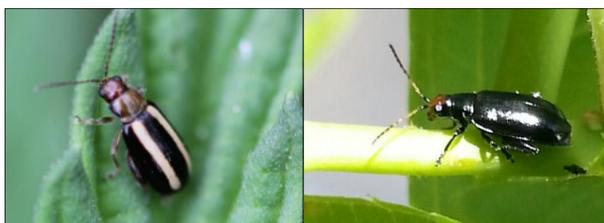
One approach is to use trap cropping strategy by interplanting radishes—Chinese Daikon and Snow Belle are preferred by the pest—at 6- or 12-inch intervals among cole crops. In one trial, this measurably reduced damage to broccoli.

Using Floating Row Covers over seedlings can provide a barrier to adult beetles. It is advisable to get the row cover in place at or before emergence for maximum protection. The covers can be removed once the pest population subsides. (be sure to secure well to prevent the Cover from blowing off in winds)

Some organic pesticides recommended for controlling flea beetles include neem, rotenone, spinosad, pyrethrin, sabadilla, and formulations of these in some combination, BE SURE to read the label for both the proper application and for using the best one for the given pest.

\*Grow plants for beneficial insects that help control the pest—like assassin bugs.

There are so many species of flea beetles, they vary in appearance quite a bit. Colors range from black to tan, with other, brighter colors mixed in, and the beetles may have a solid, striped, or spotted pattern depending on the species.



## IF YOU FIND A WATER LEAK — PLEASE DO THIS!!

### CALIMESA COMMUNITY GARDEN — EMERGENCY WATER SHUT-OFF IF MAJOR LEAK

- ▶▶▶ Find the key in the front shed to Un-Lock the valve cover outside the front gate.
- ▶▶▶ There are TWO VALVES, turn the one closest to the fence—clock wise. This shuts off all water to the garden.
- ▶▶▶ Notify a board member immediately.....Be sure you make contact.

Seth Wiafe: 909-855-1217

Angie Cloud: 909-556-2856

Debra Grzeskowiak: 909-917-5552

**THESE NUMBERS ARE POSTED ON THE SHED.**

## Cultivating Facts on Pumpkin

- One pumpkin usually contains around 500 seeds
- The word "pumpkin" showed up for the first time in the fairy tale Cinderella
- The original Jack-o'-lanterns were made with turnips and potatoes by the Irish
- Pumpkins are grown on every continent except Antarctica
- On Oct. 1st, 2022, Scott Andruz broke the national record for the heaviest pumpkin in the U.S., with a entry weighing in at 2,554 pounds
- Pumpkins are technically a fruit and not a vegetable
- The world's largest pumpkin pie was made in Ohio, weighed about 3,699 pounds, and was 20 feet in diameter
- Pumpkins come in a large variety of sizes, shapes and colors. Some have are even warty bumps

## Pumpkin Humor

Do you know what the ratio of a pumpkin's circumference to its diameter?

pumpkin pi



When life gives you pumpkins—make pie!



## Smooth and Spicy Pumpkin Pie

FROM: King Arthur Baking— Never again will your taste buds be less than impressed with pumpkin pie! The combination of the velvety smooth texture and the spice-forward flavor profile will have you spinning with delight.

**Prep: 20 minutes Bake: 50 –60 minutes**

**Yield: One 9 inch pie**

### Ingredients

#### For the Crust

A single 9" pie crust, your favorite recipe or our favorite pie crust recipe or our favorite pie crust

#### For the Filling

- 2 tablespoons (14g) King Arthur Unbleached All-Purpose Flour
- 1/4 to 1 1/4 teaspoons cinnamon (the Vietnamese is a good one), to taste; use the larger amount if you're a cinnamon lover
- pinch (1/16 teaspoon) to 1/8 teaspoon cloves
- 1/8 to 1/4 teaspoon nutmeg
- 1/4 teaspoon ginger, optional
- 1/2 teaspoon salt
- 3/4 cup (159g) light brown sugar or dark brown sugar, packed
- 1 1/2 cups (340g) pumpkin purée
- 2 tablespoons (39g) light corn syrup or dark corn syrup
- 1 1/2 cups (340g) milk or a 12-ounce can (340g) evaporated milk
- 2 large eggs, lightly beaten

### Directions

1. Mix the flour, spices, and salt in a medium-sized mixing bowl.
2. Add the sugar and pumpkin, blending thoroughly.
3. Stir in the syrup and milk. Allow the mixture to rest for 30 to 60 minutes at room temperature; or up to overnight in the refrigerator, if desired; this allows the flavors to meld, and will make the filling smoother.
4. Add the beaten eggs, whisking till combined.
5. Pour the filling into the prepared crust. Cover the edge of the crust with a crust shield, or aluminum foil.
6. Preheat the oven to 450° F.
7. Place the pie on the bottom rack of your oven, and bake it for 15 minutes.
8. Reduce the oven temperature to 350° F, move the pie to the middle rack, and bake for an additional 35 to 40 minutes, or until the temperature at the center is at least 175° F, and a knife inserted 1" from the edge comes out moist, but clean.
9. Remove the pie from the oven, and cool to room temperature (or chill) before serving. Serve with whipped cream, if desired.

## Mostly Apple — Apple Cake

FROM: King Arthur Baking— In this unabashedly apple-forward apple cake, there are so many apple slices and so little batter, you'll wonder how (and if) it will hold together. But never fear: As the batter rises in the oven, it knits those slices together to create a tender cake that's almost creamy and custardy due to the abundance of fruit. Our thanks to Sarah Carey, who developed this recipe, and to Dorie Greenspan, whose Marie-Hélène's Apple Cake inspired it.

**Prep: 15 minutes Bake: 50 –55 minutes**

### Ingredients

#### For the Pan

- 1/2 tablespoon butter, softened
- 1/4 cup (30g) sliced almonds, optional

#### For the Cake

- 3/4 cup (90g) King Arthur Unbleached All-Purpose Flour or King Arthur Gluten-Free Measure for Measure Flour
  - 1/4 cup (24g) King Arthur Almond Flour
  - 1 teaspoon baking powder
  - 1/2 teaspoon salt
  - 6 tablespoons (85g) unsalted butter, melted
  - 2 large eggs, at room temperature
  - 3/4 cup (160g) light brown sugar, packed
  - 1/2 teaspoon almond extract\*
- 3 apples, peeled and sliced about 1/4" thick (4 1/2 cups or 550g)\*



### Directions

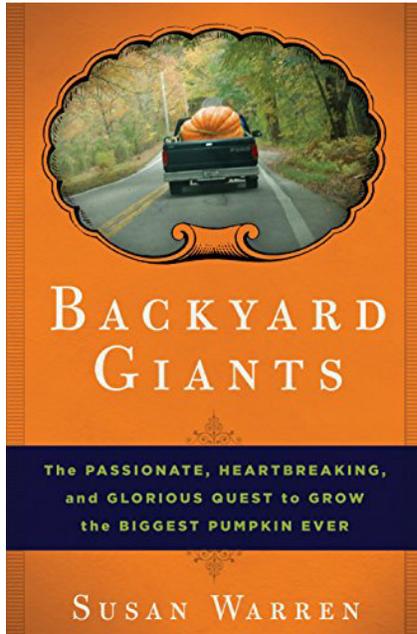
1. Preheat oven to 350 degrees
2. Lightly grease the bottom of an 8" or 9" springform pan or round cake pan (this will help the parchment adhere), then line the bottom with a parchment round. Generously butter the parchment and sides of the pan with the softened butter. Sprinkle with the sliced almonds, a bit at a time, pressing gently to adhere them to the pan. Your coating won't be perfectly even, and that's OK.
3. Weigh your flours; or measure them by gently spooning into a cup, then sweeping off any excess. In a medium bowl, whisk together the flours, baking powder, and salt.
4. In a large bowl, whisk together the melted butter, eggs, sugar, and extract until creamy, lighter in color, and slightly foamy, about 30 seconds to 1 minute. Whisk in the dry ingredients until just combined.
5. Use a rubber spatula to fold the apples into the batter until evenly coated. (It will look like there isn't much batter, but don't panic.)
6. Scrape the batter into the prepared pan and use your spatula to nudge the apples into a mostly-even layer.
7. Bake until golden-brown on top and a toothpick or paring knife inserted into the center comes out clean, about 50 to 55 minutes.
8. Remove the cake from the oven and let cool for 15 minutes on a wire rack. Run a paring knife or offset spatula around the edges of pan, then, if using a springform, release sides of pan; or, if using a cake pan, invert it onto a rack or plate, remove the parchment, and turn it back over, top-side up, onto a wire rack. Let cool for at least 15 minutes more. For the neatest pieces, slice with a sharp serrated knife, which will help you saw through the apple pieces rather than crushing them.
9. **Storage information:** This cake is best served the day it's baked, but it can be stored, uncovered at room temperature, for up to 3 days (press parchment or plastic wrap directly to cut surfaces but don't cover the cake, as it will become damp).



# A Gardener's Bookshelf



A good gardening library can be one of your best tools.  
This space is for sharing books to consider on gardening and plants.



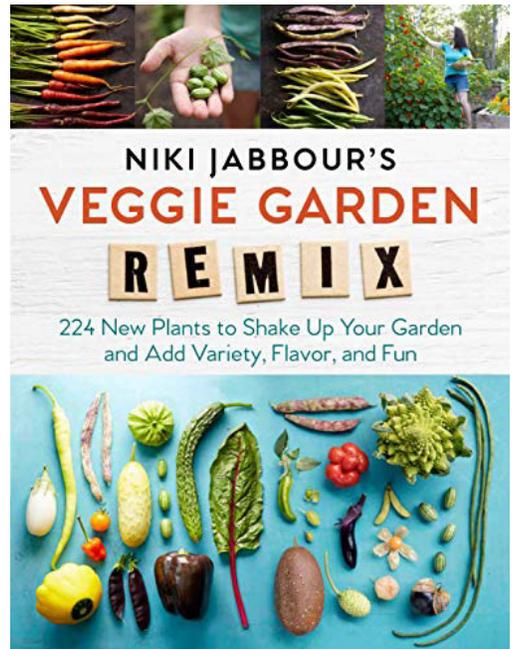
Just as the title implies:

'Backyard Giants: The Passionate, Heartbreaking, and Glorious Quest to Grow the Biggest Pumpkin Ever', this book encompasses all those things. One does not need to be a grower of pumpkins to enjoy this true story. The competition is fierce, and there is treachery, heartbreak and drama in the quest.

Information from Amazon:

Best-selling author Niki Jabbour invites you to shake up your vegetable garden with an intriguing array of 224 plants from around the world. With her lively "Like this? Then try this!" approach, Jabbour encourages you to start with what you know and expand your repertoire to try related plants, many of which are delicacies in other cultures. Jabbour presents detailed growing information for each plant, along with fun facts and plant history. *Be prepared to. . . catch Jabbour's contagious enthusiasm for experimentation and fun in the garden.*

2019 American Horticultural Society Book Award Winner  
2019 GardenComm Media Awards Gold Medal Winner



Located at:  
371 W. Avenue L  
Calimesa, CA 92320

Visit us online at:  
[www.calimesacommunitygarden.org](http://www.calimesacommunitygarden.org)

### CCG Board of Directors

- President ..... Seth Wiafe
- Vice-President ..... Angie Cloud
- Secretary ..... Debra Grzeskowiak
- Treasurer ..... Prajna Faux
- Director at Large ..... Willie Hill
- Membership Chair ..... Sharon Miller

**PLANTING CALENDAR—with notes**

- ⇒ This calendar is for use as a general guideline.
- ⇒ Even the various garden books do not agree on all their recommended planting times.
- ⇒ Bear in mind, are you planting an early bearing variety or a late one? Timing of planting and particular varieties are important factors, as well as, consider if you are planting seeds, seedlings, or bareroot.
- ⇒ Even whether it is the first half or the second half of a given month can make a difference.

**January**

Asparagus, Asian Greens, Beets, Broccoli, Cabbage, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Short Day Onions, Parsley, Peas, Potatoes, Radishes, Rhubarb, Rutabagas, Spinach, Turnips

**February**

Asparagus, Asian Greens, Beets, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Fava Bean, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Short Day Onions, Parsley, Peas, Potatoes, Radishes, Rhubarb, Rutabaga, Spinach, Strawberries, Turnips

**March**

Artichoke, Asparagus, Asian Greens, Beets, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Fava Bean, Herbs, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Short Day Onions, Parsley, Peas, Potatoes, Radishes, Rutabagas, Spinach, Strawberries, Turnips

**April**

Beans - bush & pole, Beets, Carrots, Corn, Cucumbers, Eggplant, Fava Bean, Herbs, Lima Beans, Leeks, Lettuce, Melons, Okra, Onions, Parsley, Peas, Peppers, Potatoes, Radishes, Short Day Onions, Squashes, Strawberries, Swiss Chard, Tomatoes, Turnips

**May**

Beans - bush & pole, Beets, Carrots, Corn, Cucumbers, Eggplant, Herbs, Lima Beans, Leeks, Lettuce, Melons, Okra, Onions, Parsley, Peas, Peppers, Pumpkins, Radishes, Short Day Onions, Squashes, Swiss Chard, Tomatoes, Turnips

**June**

Beans - bush & pole, Beets, Carrots, Corn, Cucumbers, Eggplant, Herbs, Lima Beans, Leeks, Melons, Okra, Peppers, Pumpkins, Squashes, Tomatoes, Turnips

**July**

Beans - bush & pole, Beets, Carrots, Corn, Cucumbers, Eggplant, Melons, Peppers, Squashes, Tomatoes

**August**

Asian Greens, Beans - bush type, Broccoli, Brussels Sprouts, Cabbage, Cucumber, Kale, Leeks, Onions, Shallots, Summer Squash

**September**

Asian Greens, Brussels Sprouts, Carrots, Cauliflower, Fennel, Garlic, Kale, Leeks, Lettuce, Onion sets, Peas, Potatoes, Radishes, Rutabagas, Spinach, Squashes, Swiss Chard, Rutabagas, Turnips

**October**

Asparagus, Asian Greens, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Fava Bean, Fennel, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Onion sets, Short Day Onions, Parsley, Parsnips, Peas, Potatoes, Radishes, Rutabagas, Spinach, Swiss Chard, Turnips

**November**

Asparagus, Asian Greens, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Fava Bean, Fennel, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Short Day Onions, Parsley, Parsnips, Peas, Potatoes, Radishes, Strawberries, Rhubarb, Rutabagas, Turnips

**December**

Asparagus, Asian Greens, Beets, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Short Day Onions, Parsley, Peas, Potatoes, Radishes, Rhubarb, Rutabagas, Spinach, Strawberries, Turnips

