

California
Rare
Fruit
Growers



**October 2018
North San Diego
County Chapter**

Fall Vegetable Gardening with Roy Wilburn

Friday, October 19 7:00 PM
MiraCosta College Student Center Aztlan room A/B

Roy H. Wilburn **Director of Horticulture**

In June of 2010, Roy Wilburn was hired as Sunshine Care's Director of Horticulture. You can usually find him in one of the five organic gardens, producing high quality organic fruits and vegetables for the residents and those in need in the Poway area. Roy's other responsibilities include maintaining Sunshine Care's beautiful greenhouse, fruit tree orchards, Memorial Rose Garden and the landscaping of its 32-acre facility. As a Master Composter, Roy also oversees the compost and vermiculture programs. Twice a month, he is with local home-schooled children and residents, directing the Sunshine Care Garden Club's "Seed to Table" program. In this program, the children learn all aspects of growing organic fruits and vegetables in their own



"Children's Garden." Included in this program are Sunshine Care residents who the children refer to as their "Grandmas and Grandpas."

Sunshine Care also offers a series of free garden lectures and workshops once a month. Roy and guest speakers cover a wide variety of horticultural issues pertaining to the particular time of year.

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Cheers from the Chair

By Kathryn Blankinship

It's October and we have had two small rain events. Wow, and we have just started! Hopefully, we will have a good rain season this year. In addition to waiting for rain it is a good time to plant a cover crop. Some of you have already planted a cover crop like fava beans and snow peas. There is no question about the advantages for our soil: increased levels of nitrogen, addition of organic matter, improved soil tilth and water penetration. However, cover cropping is not quite as simple as it seems. If you also grow the beans and peas to harvest then quite a bit of nitrogen is lost when you pick the beans and peas. To ensure that nitrogen fixing nodules grow on the roots of the cover crop seeds inoculation of the seeds is recommended. While we don't advocate recommending suppliers, if you want to learn about inoculating seeds the following resource can help.

<https://www.groworganic.com/> (888) 784-1722. Depending on the size of your cover crop, maintaining the crop may add extra work to your winter gardening. If your trees are irrigated by a drip system planting a cover crop may require additional water.



You can set up an additional irrigation system or just hand water with your hose. My aunt's home garden was, as she said, just big enough to be able to turn the tractor around. My home garden/orchard consists of beds around the perimeter and up the bank of my residential lot so no tractor is involved! I only need to do some extra watering while the seeds are germinating then the drip system maintains the plants during their growing season. Admittedly, my growing of nitrogen fixing crops around my fruit trees is a hit or miss deal. This year I will be investing in a bit of extra fertilizer come spring as I am running out of time to plant. I hope your schedules allow time for planting nitrogen fixers this year. You can also check out this page to click on a video about cover cropping.

<https://www.groworganic.com/cover-crop-seeds/annual-cover-crops.html> . Whether you

have time for a cover crop or like me are just holding it together this year, I hope you are having a great October!

Holiday Party

Our Holiday Party will be at Alta Vista Botanical Gardens

The party will be on Sunday, December 9th from 11AM to 3 PM
This is a potluck so bring a dish to feed 8 – 10 people.

Limited seating.

To attend the party you must be a member of our No. SD County Chapter and our parent organization (CRFG, Inc.) and RSVP to Dottie Logan 760 806 6678
crfglogan777@gmail.com before Dec 1st

We will also have door prizes that are furnished by the members.

The door prizes do not have to be garden related

After the door prizes we will have a raffle style gift exchange. If you want to participate please bring one plant with a value of \$10 or more, or a wrapped garden related gift with a value of \$10 or more. Gift should be wrapped unless it is a plant.

You will be given a raffle ticket. When your number is called, you may choose a gift from the exchange table and open it, or take another member's gift (if it is not frozen).

A gift is frozen when it is taken by a 3rd member. The member you take it from cannot immediately take it back from you but must take something from the exchange table or someone else before He/she can take back the gift from you. This is a fun game as long as you ****don't get too attached**** to the gift you draw. You don't have to participate but you may watch others play

Please no peeking, lifting, squeezing, or shaking but HAVE FUN

If you have questions, please ask Dottie. Call Dottie at 760 806 6678

We need volunteers to help setup, clean up, vacuum, sweep up, clean up the kitchen and take out the trash.

Sign up now so we know that everything is covered.

We need donations for the door prizes.

Thanks for all your help and don't forget to call Dottie at 760 806 6678. Space is limited so once we are filled up we start a waiting list. (We usually find room for everyone).

If you sign up early and find you can't make the party please call and we will give the space to someone else.

Hope to see you there.

Dottie

MiraCosta Student Pantry

MiraCosta students need you to help fill the student pantry with non-perishable foods.

Not all of the students can afford to eat at the cafeteria all of the time.

MiraCosta College set up a pantry of non-perishable foods for students who need them.

Please help us to help the students.

Here is a photo of the foods brought in by the MiraCosta Hort Club.

This is a list of the most requested items:

- Top Ramen cups
- Microwaveable cups of Kraft Mac n Cheese
- Madras Lentil Packs
- Microwaveable Brown Rice bowls
- Amy's Soups (Vegan options)
- Easy-open tuna packs and cans
- Nature Valley granola bars
- Variety chips
- Trail mix and nut packs
- Instant Oatmeal packs
- Progresso Clam Chowder
- Cans of chili
- Cans of Ravioli / Chef Boyardee



Raffle

There will be no raffle this month.
Next raffle in Feb, 2019

Website Skills?

The club is currently looking for someone with website skills to assist with the maintenance and updating of our website. If you have experience, or would like to learn please contact Helen Driver



Check out the website!

We have a website, the URL is nsdcfrg.wordpress.com. We are adding new information often, so please take a look and let us know what you would like to see there. Thank you Helen for all your hard work in keeping this going.

San Diego Botanic Garden Volunteer Opportunities and Work Party

Join the over 300 volunteers who contribute time to the San Diego Botanic Garden. Join others for a volunteer orientation and discover the many varied opportunities available. A short tour of the garden is included. In order to participate in the CRFG sub-tropical garden work parties you must attend an orientation. To receive more information and the dates for the upcoming orientations call 760-436-3036 x 206

Next work party, October 13th, 8:30 to 12:00

Refreshments:

If your birthday month is October, please bring some refreshments to the meeting this month.

Home grown fruits and vegetables are the best. However, other munchies are also greatly appreciated. Please be sure they are ready to serve.

Now on Facebook!

North San Diego County Chapter now has a Facebook Page. Please check us out at www.facebook.com/groups/northsandiegocrfg/. This is a closed group and is for our members only, so you will need to ask the administrator to join.

Member Matters Membership

2019 Chapter dues are now due.

Chapter dues with E-MAIL newsletters are \$10.00 for one member plus \$5.00 for each additional household member. Chapter dues with USPS newsletters are \$15.00 for one member plus \$5.00 for each additional household member. USPS is only for those without E-mail. You must also be a member of our parent organization, [CRFG, Inc.](#) To renew, please fill out a **NEW APPLICATION** online or bring it to our next meeting. Make check out to NC CRFG and send it to;

Helen Withers

PO Box 1383

Escondido, CA 92033

Please contact our Membership Committee Chair Helen Withers if you have any questions.

New Members

by Helen Withers

Janiece Sullivan Escondido

Name Tags

Please keep your name tags after each meeting and bring them back with you for the next. We are hoping to have everyone be responsible for their own name tags to make things a bit easier on those who have had to keep track of them all this time.

Chapter Contacts Board Members

Kathryn Blankinship	Chairperson	760-518-9922	kblankinship1@cox.net
Dawne Dickinson	Vice Chairperson	760-522-3596	dawnegale@gmail.com
Ellen Maisen	Co-Secretary	818-462-3222	msmaisen@gmail.com
Kaste Palmiere	Co-Secretary	760-943-7002	katepalmiere@roadrunner.com
Helen Driver	Co-Treasurer	760-652-5011	driver.hl1975@gmail.com
Dottie Logan	Co-Treasurer	760-806-6678	crfglogan777@gmail.com
Carolyn Buckman	Member at Large	760-659-8002	careart@icloud.com
Art Logan	Member at Large	760-806-6678	art.logan77@gmail.com
Richard Reid	Past Chair	619-857-7505	rtreid@me.com

Other Contacts

Membership	Helen Withers	760-745-2035	helenwithers2014@gmail.com
Newsletter	Richard Reid	619-857-7505	rtreid@me.com

Chapter Website: nsdcrfg.wordpress.com

Webmaster Open



North San Diego County Chapter, CRFG
Richard Reid
11385 Fairwind Ct.
San Diego, CA 92130