

# DIGGERS DIRT

The Dirt being dished this month...

## General Meeting:

**10:30am Program (Unless otherwise noted)**  
**12:00 noon Meeting**

### Feb 25th Joint Meeting

Otis Booth Pavillion, Natural History Museum of Los Angeles County  
900 Exposition Blvd., Los Angeles, CA

## Look ahead...

Mar 4 - Huntington Gardens  
Apr 1- Old Mill  
Apr 27,28 - Auction Set-up  
**Apr 29 - Auction**  
May - (TBD)  
Jun 3 - Debbe Booth's

## Board Meetings

**Mondays preceding the General Meeting at 10:00am. Please let Liz know if you would like to attend.**



## From the President

In January, Carolyn Bennett stirred our passion for and challenged our notion of beauty in the landscape and our gardens. Her presentation *Your Garden Beds: Time to Change the Sheets* is timely, honest, and thought provoking. One of my favorite take-aways is "Relax, it's just a weed"! Carolyn suggests we can love the moment in our gardens in all stages of its growth by accepting imperfections as part of life.

And then last week at our February meeting, we learned from Sunhee Mans how to make kimchee, a traditional Korean side dish of fermented vegetables. Sunhee shared her experience as a child in a big family growing up on a farm in South Korea. In the comfort of Annette's kitchen, we learned how to eat healthy!

And we have so much more to come! On February 25th we'll connect with our local GCA clubs hosted



## Mark Your Calendar

### Upcoming GCA Dates

[www.gcamerica.org](http://www.gcamerica.org)

### NAL Conference

Washington, DC  
Feb 23-26, 2020

### 2020 Zone XII Meeting

Tacoma, WA  
Mar 25-27, 2020

### GCA 2020 Annual Meeting

Asheville, NC  
May 3-6, 2020

### Old Mill Work Days

Thurs., 2/20 - 9-10:30am  
Mon., 2/24 - 9-10:30am



by Hancock Park GC to hear Kat Superfisky whose presentation is *Symbiotic Cities: Uncovering and Enhancing Ecology in Los Angeles*.

Then we'll host Dr. Michael SanClements, at our March 4<sup>th</sup> meeting. As author of *Plastic Purge*, he writes, *Plastic isn't inherently bad, but if you get too much, or just a little of the wrong kind, in the wrong place, then you've got a problem. And it just so happens that we have this exact problem in the wrong place: Earth, the only home we have.* I can't wait to read his book. How about you? Athena has three more copies for sale at \$13 each ([athenamwood@gmail.com](mailto:athenamwood@gmail.com)).

In the Winter 2020 issue of *The Bulletin* on pages 41-47 please read up on the three finalists for GCA Founders Fund. We will be voting at the March meeting. By the way, also check out my current favorite article, *She Sheds: Spaces to Make a Gardener's Soul Sing*. *The Bulletin* is full of interesting material!

I was reminded how unique and special the Diggers are when we gathered in memory of Anne Neville on January 17<sup>th</sup>. Those present each placed a shovelful of soil to anchor the memorial pomegranate tree in place. Memories of Anne spoken by her neighbor, some fellow Diggers, and Priscilla Flynn who spearheaded the project, brought Anne alive in our hearts, once again.

I hope you're getting a good start on planting beautiful and unique pots for the Auction. I can't wait to see you all soon!



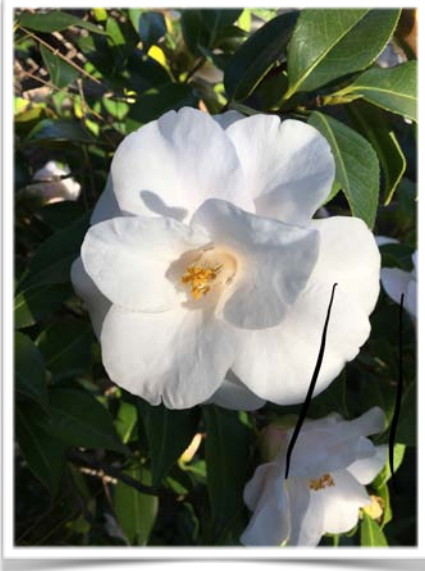
In memory of Anne Neville- 1/2020

*Liz*

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## A Look Into Our Diggers' Gardens

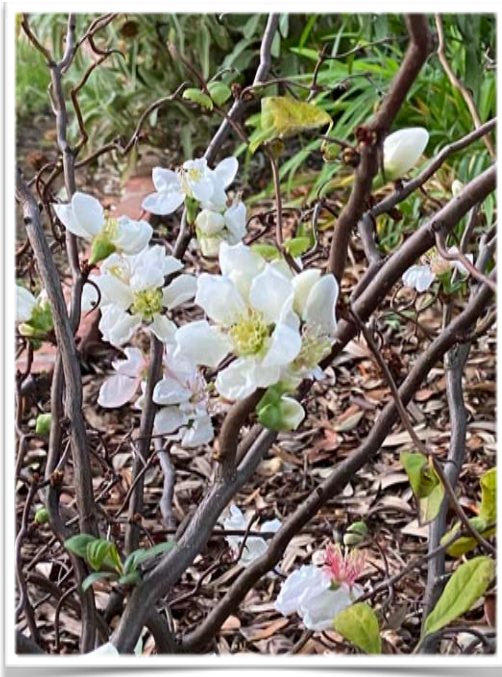
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"Magnoliae Flora" in Bette's garden



Iris grown by Susan K.



Submission by Marcia



Submission from Susan K, plant exchange with Sally H.

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## Tips From The Floral Design Committee

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### Rose Recipe

If you are the fortunate recipient of roses this Valentine's Day, here is a recipe to prolong their beauty.

### Sugar-Clorox Mix

Prepare a Sugar-Clorox Mix by putting one-half cup of granulated sugar and two teaspoons of Clorox in a two-gallon pail of warm (not hot) water. Add this your your vase and enjoy.



Happy Valentines!

## 8 Basic Rose Pruning Tips

<https://www.gardendesign.com/roses/pruning.html>

### 1. Remove all remaining leaves.

This allows you to see the structure of the bush and clearly see all the canes (stems). This step also removes any pests or diseases that may have been hiding over winter in the foliage.

### 2. Start with dead wood.

How do you know it's dead? Cut into it — brown is dead, green is living. Cut any dead wood back to the base.

When pruning roses, your goal should be to open up the center and create a vase-like shape.

### 3. Open up the center of the plant.

Take out crossing branches which can rub, causing damage and encouraging disease. The goal is to have upward-reaching branches with an open structure in a vase-like shape.

### 4. Remove any thin, weak growth.

The basic rule of thumb is to remove anything thinner than a pencil.

### 5. Prune the remaining canes.

Prune by cutting 1/4" to 1/2" above an outward-facing bud eye (a small bump found where a leaf would meet the stem). New stems grow in the direction of the bud and the goal is to encourage them to grow outward, not inward. Make cuts at a 45-degree angle sloping away from the bud, allowing water to run off.

### 6. Seal fresh cuts.

Protect freshly cut canes from rot and rose borers by sealing the wounds with a compound like [Bonide's Garden Rich Pruning Sealer](#).

### 7. Clean up.

After pruning, make sure to clean up the surrounding area underneath. All leaves and cut branches should be disposed of as diseases and pests could be lurking.

### 8. Feed your roses.

Roses are "big eaters" and need proper nutrition, so feed them with a long-lasting fertilizer like [Jobe's Organics Fertilizer Spikes](#).

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## Kimchi Recipes from the February Meeting

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### Napa Cabbage Kimchi

Cabbage kimchi recipe handed down through generations of Sunhee Man's family. Kimchi is a traditional Korean side dish of fermented vegetables, usually Napa cabbage, although a variety of vegetables from the garden may be substituted for the cabbage. The cabbage is salted and then mixed with a sauce made of various ingredients including Gochugaru (Korean chili powder), which gives it the spicy and slightly smoky flavor associated with kimchi. Since the fermentation process of making kimchi is spontaneous, the flavor of each batch can vary slightly, depending on the population of microorganisms present at the start of fermentation. Historically, kimchi was buried in the ground in special earthen-ware containers to maintain cooler temperatures and control the fermentation process. Today, many Koreans own special kimchi refrigerators to maintain the temperature for proper fermentation.

There are many healthful benefits of eating fermented vegetables because of the naturally occurring Lactic Acid Bacteria that develops during the fermentation process. Research shows the benefits include anticancer, colorectal health promotion, probiotic, cholesterol reduction, anti-aging properties, and brain health, just to name a few!

You can find all of these ingredients at H Mart in Arcadia. The cabbage may be substituted for any other crunchy vegetable such as Korean radish, cucumbers, carrots, or kohlrabi.

#### **Ingredients:**

- 1 large napa cabbage
- 1 cup coarse sea salt
- 4 green onions, sliced thin
- ½ white onion sliced thin
- ½ peeled Asian pear, peeled and diced
- ½ cup diced Korean radish, unpeeled
- 1 tablespoon minced garlic
- 2 teaspoons minced ginger
- 1 tablespoon granulated sugar
- 1 tablespoon anchovy sauce
- 1 tablespoon salted shrimp
- ½ cup Gochugaru (Korean chili powder)

#### **Starch:**

- 1 tablespoon flour
- 3-4 tablespoons water



#### **Method:**

*Salting cabbage*-Slice off base of cabbage and toss. Cut the cabbage into 2-3 inch pieces. Rinse in colander. Using a large plastic or glass flat bottom container, layer the cabbage, sprinkling with salt as you go. After one hour, gently toss cabbage so that the bottom pieces are on top. Leave for another half hour until adequately salted. Using a colander, gently rinse the cabbage pieces to remove all of the salt. It may take 2-3 rinses to remove the salt. Drain cabbage very well...at least ½ hour. Make starch and kimchi sauce while cabbage is draining.

*Making starch*-combine flour and water in a small saucepan over low heat. Heat until thickened. Cool.

*Making sauce*-Place green and white onions in a large bowl and set aside. In the bowl of a Cuisinart, combine Asian pear, radish, garlic, ginger, sugar, anchovy sauce and salted shrimp. Add the cooled starch mixture. Blend all ingredients until thoroughly combined. Add this mixture to the onion mixture and combine. Add chili powder and mix well. You may find that ½ cup of chili powder is too much so you might want to start with a lesser amount and add more once the cabbage is added and you have tasted. You have just made your kimchi sauce.

*Add Cabbage to kimchi sauce*-once cabbage is completely drained, combine with the kimchi sauce and toss gently with gloved hands. Taste to adjust spice level. Kimchi spice level will mellow as it ages so keep that in mind.

*Fermenting*-Store kimchi in sealed glass or plastic container that allows approximately 1 inch of room at the top of kimchi. For the first 2 days, it can be stored in a cool place in the kitchen. This will speed up the fermentation process. Then kimchi can be stored in refrigerator for up to several weeks. The longer it is stored, the mellow the spice will be.

Eat Kimchi as a side dish with rice or elevate the flavor of your dish by adding it to scrambled eggs, grilled cheese, deviled eggs, tacos, fried rice, quesadilla, pizza...the possibilities are endless. Enjoy and eat healthy!!

**Spiced Sweet Potato, Green Chile & Kimchi Tacos**  
**Adapted from *Taco Night* by Kate McMillan - Serves 4**

3 sweet potatoes, about 1 ½ lb. total, peeled and cut into ¼ inch dice

3 T. canola oil

2 t. ground cumin

2 t. chili powder

1 t. ground coriander

1 t. kosher salt

1 can (4 oz.) chopped fire roasted green chiles

8-10 flour tortillas, warmed

1 c. shredded red cabbage

½-1 c. Korean Kimchi

¼ lb. Monterey jack cheese, shredded

Avocado Crema (recipe follows)

Preheat oven to 450 degrees. Line a baking sheet with parchment paper.

Put diced sweet potatoes in a large bowl. Add the oil, cumin, chili powder, coriander, and salt and toss to coat. Spread in a single layer on the baking sheet. Bake, stirring once about halfway through, until tender and caramelized, 25-30 minutes.

Remove from oven and stir chiles into the sweet potatoes.

To assemble, fill warm tortillas with sweet potato mixture and top with cabbage, kimchi, and cheese. Add a generous drizzle of avocado Crema.

**Avocado Crema**

Scoop flesh from 1 avocado into a small bowl and mash with fork until creamy. Stir in ¼ c. Mexican crema or sour cream and 1 T. fresh lime juice. Season with salt.

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## Historic Photos

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### *A Blast From the Past...*



Auction in garden of Susan Hayes 1980s



Bette Cooper, Louisa Miller, Gretl Mulder, Rosie Jones 1980s



Sally Wenzlau, Anne Neville, Rosie Jones, Mary Anne Mielke 1980s