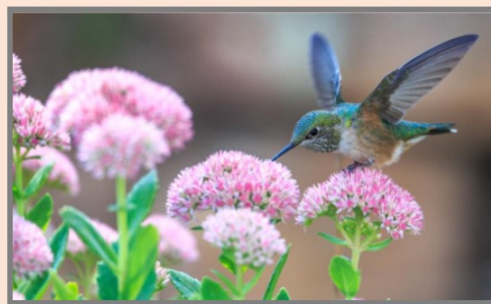


Sun Lakes Garden Club

FEBRUARY 2021 NEWSLETTER

"Cultivating gardens and friendships"



We welcome back Linda Larson, "A Traveling Gardener", via ZOOM MEETING this Tuesday February 16th. Members always enjoy seeing her photographic tour of some of the 800 gardens she has visited with her husband around the world. We'll see quaint and charming gardens and those that are world famous. Linda is a resident of Arizona.

Watch for the "invitation to zoom" email that will be sent to each member. If you have friends that you want to invite, just share the email with the link. Visitors are always welcome to join us.



Have you paid your dues??

It's time for us to renew
our dues for **2021**.

We're encouraging everyone
to renew online at our club
web site.

Or, if you prefer, you may send
a check written to Sun Lakes
Garden Club and mail it to our
Treasurer, Deena Bunzel at
26453 S. BeechCreek Drive,
Sun Lakes AZ 85248.

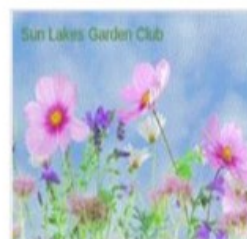
(canceled check is receipt)

(\$20 per person and spouse
or 2nd person in household
\$10.)

Sun Lakes Garden Club

"CULTIVATING GARDENS & FRIENDSHIPS"

HOME MEETINGS **JOIN OR RENEW** NEWSLETTER CALENDAR FIELD TRIPS
BOARD & COMMITTEE LEADERS CONTACT RESOURCES GALLERY MEMBERS ONLY
MARCH 2019 NEWSLETTER LOG IN



Membership Form

* indicates required field

Name *

First

Last

Address *

Line 1

Line 2

City

State

Zip Code

Country

Phone Number *

Second Household Member (if it
applies)

First

Last

How do you want your name tag printed on
your club name tag?

Name on Name Tag *

Name on Tag - Second Household
Member (if it applies)

Email *

Please tell us a bit about yourself to help us
get to know you. We'd love to have you add
4 or 5 sentences about your
hobbies.....gardening or otherwise
(swimming, hiking, Trivia, etc.). You don't
have to have any gardening experience to
join, but if you do have some experience or
a topic to share, please write it here. The
Newsletter publisher would like to have a
photo of you to post with our "Welcome
New Members" section of our monthly
newsletter. Please submit a photo here or
email with NEW MEMBER PHOTO as a
Subject line to StarlaKramer@gmail.com.
If you don't have a photo, please ask Starla
to take your photo at the next meeting or
field trip.

About Me *

Sneak peek at March 16, 2021 upcoming meeting.

SUN LAKES GARDEN CLUB



March meeting—hydroponic gardening

We have a new gardener in town, all the way from Corpus Christi, Texas! Richard Wagner and his wife Jane are newly retired educators who have just moved to our Sun Lakes Community. Richard will be presenting how to grow all kinds of vegetables by using the hydroponics method.

He says that this is a very cost effective, efficient and fun way to grow almost any kind of vegetable all year long.

Members will enjoy meeting Richard at the monthly meeting via zoom on Tuesday, March 16th at 10:00am. (When we get back to LIVE meetings, we'll have socializing at 9:30 am, followed by an optional lunch at noon).

Member Submission: “This article was in the Arizona Republic and it reminded me of all of the benefits of working in the garden. I thought I'd share it with my fellow gardeners.” Terri McStocker



4H | SATURDAY, DECEMBER 26, 2020 | THE ARIZONA REPUBLIC

Gardening offers health benefits for brain, body

Susan La Fountaine

Special to Fremont News-Messenger
USA TODAY NETWORK

COVID-19 is still around. Hopefully you found time to plant a garden this year and learned how to preserve your precious fruits and vegetables for later eating enjoyment, all while skipping the trips to the grocery store and thus saving you money. I bet this will become a yearly tradition. And . . . your health will improve.

Let's examine some of the ways:

The first health benefit is getting outside and into the fresh air. Vitamin D is so important to increase calcium levels that will benefit your bones and immune system. Outside gardening is perfect for getting exposure to sunshine. But remember the sunscreen and sunglasses for protection. Of course the most obvious is you will eat better by growing your own food. It will be fresh and most likely free from pesticides.

If your trips to the gym for lifting weights and practicing yoga is your best idea for boosting your flexibility and balance, gardening can do the same but with zero the cost.

Is eating anything “green” off limits for your children. Why not give them a small plot and let them grow their own vegetables? Here is the perfect segue to getting

them to eating healthy and cleaning their plate.

And what about weight loss?

Did you know that by growing your own vegetables you lower your body mass index and leave the overweight category. Researchers have found that carrying mulch bags, pushing a wheelbarrow, hoeing, picking weeds, planting seeds, toting your gardening equipment, moving pots, pushing a mower, and all the other gardening tasks suggest that women can lose 11 pounds and men 16 during the growing season.

This is truly the whole-body workout or exercise with a purpose. The goal-oriented activities entice you to stay in the garden longer and therefore you will reap even more benefits from the aerobic activity.

Can you spot the gardening glow on certain people? They are the ones who work with plants because gardening provides serious stress relief and positive sensory stimulation. Having dirty fingernails may be a sign of poor hygiene, but it could be a benefit to good health. Inhaling the healthy bacteria that lives in soil can increase levels of serotonin and reduce anxiety – giving that gardening glow.

Gardening can also cut the risk of a heart attack or stroke and prolong life by 30% – sound good to you? These benefits come from the stress reduction of playing

in the soil (dirt). You are reconnecting with the natural work of pruning, weeding, and watering which provide a cathartic experience. It can be tending to a small plant on your desk or taking on a big project like a vegetable garden in your backyard. Put yourself in a green, growing, healthy environment and cut your risk of heart disease. Sound like a plan?

With all the talk of climate change, individuals can make a difference. Recycling, carpooling, using energy-efficient appliances, and driving hybrid cars are all good examples, but you can help right in your own backyard by producing gardens that provide vital green space to reduce greenhouse gasses, lessen the need to buy things, recycle kitchen waste, and contributing many other positives for our planet.

Hand strength, flexibility, and coordination are all essential for everyday tasks like opening jars, carrying packages, and picking up your precious grandchildren. Gardening is the perfect way to hone these fine motor skills and muscles. Just a few minutes of daily weeding may even help offset some of the strain caused by repetitive use like typing or phone swiping.

It is said that gardening gives you hope for the future. By planting a seed and watering it there is faith that the seed will send roots into the soil to support stems



Gardening can cut the risk of a heart attack or stroke and prolong life by 30%. LYNETTE L. WALTHER

and the leaves above. Gardening can boost your confidence by being proud of the harvest.

One of the best benefits of gardening is that it sharpens your brain. Researchers measured brain nerve growth factors related to memory in a study. Participants, all seniors, were evaluated before and after they created a vegetable garden. The study found their levels of brain nerve growth had increased significantly. The most surprising benefit of gardening is the capacity for gardeners to become lifelong learners. Who said you can't teach an old dog new tricks?

Susan La Fountaine is a Master Gardener with the Ohio State University Extension Offices in Sandusky and Ottawa counties.



IN PASSING....

I'm sorry to share the sad news that one of our members passed away in January.

Jaci Hicks was an enthusiastic member of our club for 2 years. Jaci loved to cook and use her herbs from her garden.

She had a long-term illness that caused her passing after having a few recent hospital visits.

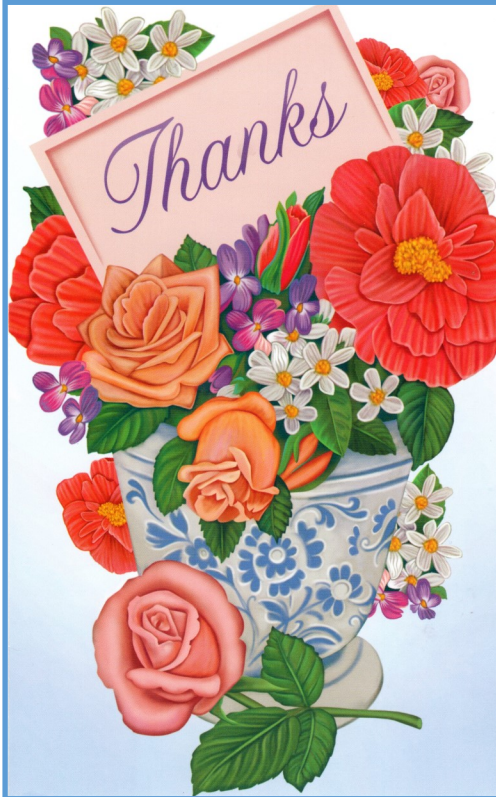
She was a neighbor and good friend of Fran McGrath, who invited Jaci to join our club. A memorial service was held for Jaci on Valentine's day by her friends and neighbors.

May she rest in peace.



The Chapel Center board sent us a beautiful "Thank You" card!

We can thank our Chapel Center garden chairperson, Mary Jencsok, (and the help of her niece Heidi Weingart) for keeping it beautiful. If they need a "work party" to weed after the rain, we'll need "all hands on deck".



You are not thanked enough for all the work you do to keep the gardens for the chapel center beautiful and growing each season. I think of you each time I enter the facility. It is positively flourishing with color right now. We all thank you for your dedication and commitment.

*Love in Christ
Edla Berggren (nee)
Chapel Board
alternate*

*Dear Garden Club Members
% of Stella,*

*Thank you
for being
so wonderful.*

*Chapel Board Members
%
The Lutheran Church
The Community Church
The Jewish Congregation
The United Church of Christ*



10 questions answered about growing cannabis in Arizona

Priscilla Totiyapungprasert

Arizona Republic
USA TODAY NETWORK

The passage of Prop 207 in Arizona, legalizing recreational cannabis, ushers in a new opportunity for the home gardener. Adults ages 21 and older are now allowed to grow a limited amount of cannabis plants at home for personal use.

"We don't see any difference between growing cannabis and growing vegetables and growing lavender, they're all plants," said Ryan Jerrell, co-owner of Dig It Gardens in Phoenix.

But like growing any plant, it can be easy to overthink it, he said.

The Arizona Republic asked two experts to share their tips for beginners: Noah Wylie, master grower at The Mint Dispensary based in the East Valley, and Josh Sundberg, farmer and co-owner of Community Roots AZ in Cornville, southwest of Sedona.

Wylie has been cultivating cannabis since 2002, when he first started growing for patient use in California. Sundberg cultivates cannabis for personal use and offers workshops for other growers.

How many cannabis plants can I grow?

Adults can grow six cannabis plants at home or no more than 12 plants in a house with more than one adult.

People can grow plants from seeds or cuttings off an existing plant, also known as clones. Sundberg said cuttings are a gray area because it's unclear whether a cutting that hasn't taken root

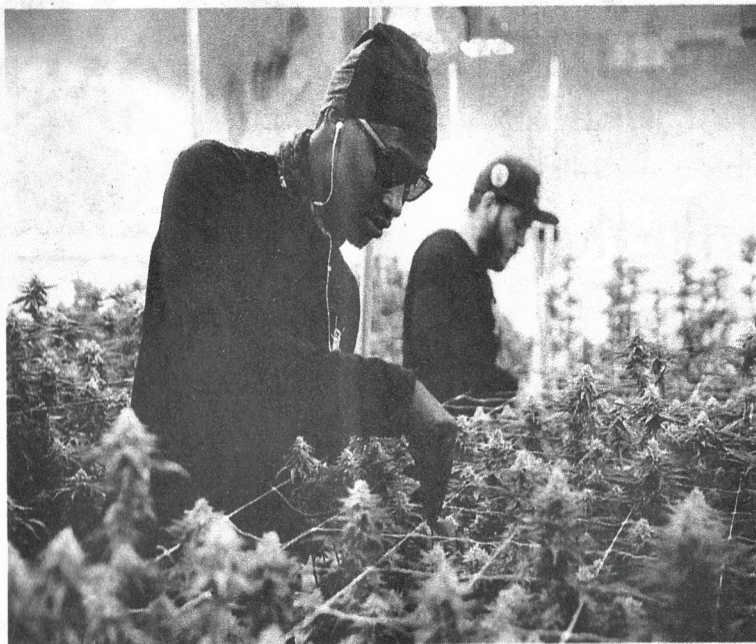
yet is counted as part of the six or 12 plants Arizonans are allowed to grow.

How long does it take to grow cannabis?

On average, a plant takes 50 to 60 days before it's ready to harvest, Wylie said. Once harvested, the plant needs to be dried for about 10 to 14 days. Growers then have the choice of consuming their cannabis, or curing the flowers another week or two for higher quality, he said.

Where can I buy cannabis seeds?

People can currently purchase cannabis seeds on websites such as Leafly, but Sundberg warned that quality seeds



Darnell Brown Jr. (left) and Nicholas Worrell prune marijuana plants in a grow room at Mint Dispensary in Guadalupe on Nov. 4, 2020. Arizona voters passed Proposition 207, legalizing possession of as much as an ounce of marijuana for adults 21 and older and set up a licensing system for retail sales of the drug.

MICHAEL CHOW/THE REPUBLIC

can be pricey. Seeds are also a gamble because only female plants flower, and there's no guarantee how many female seeds are in a packet. Feminized seeds are genetically engineered to grow only female plants, but tend to cost more.

Buyers should go with vetted sources to avoid fraudulent sellers. Sundberg recommended Canna Genetics Bank, a retailer that sells seeds from various breeders, and Neptune Seed Bank, both based in California.

Eddie Smith, co-owner of **The Plant Stand of Arizona**, confirmed his south Phoenix nursery would be selling cannabis seeds in the near future.

Ryan Jerrell, co-owner of **Dig It Gardens** in central Phoenix, also confirmed his nursery plans on selling cannabis seeds this year, as well as "starter kits" for first-time growers.

Where can I buy a cannabis clone?

Wylie believes cuttings are easier than seeds for beginners, but as Prop 207 is so new, he isn't aware yet of any legal businesses in Arizona that sell cuttings.

If people want to clone their own plants, he recommended they plant multiple seeds at once, label each plant,

and take a cutting from each one before they flower. People can then grow the cutting from whichever plant yields the best harvest.

Growing from seed is a trial and error process and people should be prepared to "have a few rounds that are really disappointing" before they find that one best phenotype, he advised.

What's the easiest cannabis strain to grow for beginners?

Wylie suggested first-time growers start with a hybrid strain and stay away from strains that have OG in the name or are labeled "exotic," which tend to be finicky. Popular 50/50 hybrid Blue Dream, for example, is a resilient plant that can take higher and lower temperatures, he said.

Other hybrids he suggested for beginners include Green Crack, Grape Diamonds and Cherry Garcia.

What else do I need to grow a cannabis plant?

Both Wylie and Sundberg said the key items you need to grow cannabis are nutrient-rich soil, water and light.

Both The Plant Stand and Dig It Gar-

dens sell FoxFarm soils, a popular brand in the cannabis-growing community. Sundberg likes to use Nectar of the Gods, Blend #4, which he said can be found at **PHX Hydro** in west Phoenix.

Indoors, cannabis thrives best in full spectrum light similar to sunlight, so a standard incandescent bulb won't cut it, Wylie said. He recommended starting off with an inexpensive light made for growing. **Sea of Green Hydrogardens** in Tempe sells various grow lights.

"I warn people... crawl before you walk," Wylie said. "Learn to get your plant to grow all the way to fruition, harvest it, dry it, cure it. Then you can build from there. Don't run out and buy thousands of dollars of equipment."

Sundberg described living soil, which has active microorganisms in it, as a major game changer. Compost, mulch and worm castings can be found at the **Arizona Worm Farm** in Phoenix.

Where is the best place to grow my cannabis plant?

Wylie said most people will likely grow indoors, in a closet or garage, for example. About 75 degrees, more or less, is an optimal temperature, he said. In a small space with stagnant air, he suggested using a fan to move air in and out. A beginner can start in a closet with a 100-watt grow light and oscillating desk fan, and it's enough to get going, he said.

Some people use grow tents, which look like black boxes, but cannabis can really be grown most places as long as people are able to adapt to the environment, Sundberg said.

Sundberg said cannabis can be grown outdoors in Arizona, where come August the plants flower as the days get shorter and they're ready to harvest by about October. It's doable in Phoenix, even with the heat, but extra steps have to be taken to protect your plant, he said.

He recommended adding mulch to keep the soil cool. For a pot, the bigger the better for creating a buffering zone — five gallons is a good minimum, he said. Putting the pot in another pot or putting some sort of insulation barrier around it can also prevent the pot from directly baking in the sun.

While it may be tempting to spray

GARDENERS, IT'S NOT CRIMINAL TO GROW A FEW POT PLANTS IN AZ NOW.

Page 2 of the article submitted by Susan Bliss and Linda Blane, as published in AZ Central Central.



Cannabis plants grown in the past by home gardener Josh Sundberg, who launched Community Roots AZ with his wife in Cornville, Arizona. COURTESY OF JOSH SUNDBERG

Cannabis

Continued from Page 13

your plants in the middle of a burning, sunny day, the water droplets on the leaves can act like tiny magnifying glasses. As with other types of plants, it's best to water early morning. If you have to water in the middle of the day, first discharge the hot water from your hose if that's what you're using, and water the soil around the plant, not the leaves, he advised.

How much light does my plant need?

Once planted, the cannabis plant needs a ratio of about 18 hours light, 6 hours darkness to grow in what's called the vegetative stage, which doesn't produce flowers. How long you let the plant grow in this state depends on your space constraint, but Sundberg recommends beginners start small.

After a few days, growers can switch to a ratio of 12 hours light, followed by 12 hours of consecutive darkness to activate the flowering stage. If growing outside, the light of a full moon is about the maximum amount of light a plant should receive during the darkness period, Sundberg said.

How often should I water my plant?

Wylie recommended plants should be watered when the soil is dry. Growers can test this by sticking a finger into soil about halfway between the plant and edge of the pot. If the soil is warm and dry, it's time to water.

Quality of water can make a differ-

ence in the quality of flowers. It's worth filling up a jug of distilled or purified water at one of the various water dispensers around town to use specifically for your plants, rather than use tap water, Sundberg said.

When can I harvest my flowers?

Wylie said that after switching to the 12 hours light, 12 hours darkness stage, it takes about 50 to 60 days until it's time to harvest. People can additionally purchase an inexpensive jeweler's loupe if they want to look at the trichomes, or crystals, on the flowers. The plant will be ready to harvest when the majority of the trichome caps turn from translucent to milky-looking and about 10% of the caps turn an amber color. The plant can still be harvested a little earlier or later, however.

After harvesting the plant, the grower should hang the plant upside down to dry for 10 to 14 days, he continued. The stems should feel brittle when dried. After that, trim the leaves off the flowers and put the flowers in an airtight container, like a mason jar. While the flowers are consumable at this point, the flowers can be cured for a better quality.

To cure the flowers, seal the container and open it up for 20 minutes every 24 hours. It's important that the flowers are completely dried before they're sealed up because moisture could lead to mold, Wylie added. After a week or two, you should have the highest quality flower, he said.

Reach the reporter at Priscilla.Totiya@azcentral.com. Follow @priscillatotiya on Twitter and Instagram.

Subscribe to azcentral.com today to support local journalism.

Welcome our new members!



Jean Hilts

“I’m a novice to gardening in AZ, but enjoy all of the different varieties of plants and trees in the area. Our yard has citrus trees, palms and more plants and I would love to know how to care for them.

Gardening in the upper mid-west has been a long time hobby of mine. Years ago I took a master gardening class that helped me to become a better gardener but I have lots to learn.

My favorite passion is my grandchildren!



Dannette “Danni” Hunnel

I’m a children’s book author & grandmother of 6, who dabbles in flower gardening, floral design, ceramics, photography. I shoot pool, play water volleyball, love live music, travel and fine dining.

I’ve maintained an Arizona flower/ succulent garden for 34 years now, 7 years here in Sun Lakes.