



WALTER ANDERSEN
NURSERY™

Garden Talk

SAN DIEGO'S GARDEN RESOURCE

San Diego's Independent Nursery Since 1928™

MARCH 2017

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Putting The Heat In Peppers

By Botanical Interests



A class of compounds called **capsaicin** (derived from peppers' genus name) gives chile peppers their spiciness. Capsaicin occurs mostly in the light-colored ribs (also called pith) inside the pepper. The seeds contain very little or no capsaicin, but are often hot because they

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Buy The 2017 Perennial Plant Of The Year & The Monarch Butterflies Will Love You!

By The Perennial Plant Association



Asclepias tuberosa
Photo: Perennial Plant Association

With all the "buzz" about bees and butterflies, why not celebrate an excellent plant known for its ability to support insects and birds and serve as the primary caterpillar food for a beloved North American native butterfly? The

Perennial Plant Association is proud to announce **Asclepias tuberosa** as its 2017 Perennial Plant of the Year™.

Commonly known as **butterfly weed**, this long-lived and striking perennial is native to the continental United States (except for the northeast) along with the Canadian provinces Ontario and Quebec. With vibrant orange/red/yellow flowers that seem to jump out, butterfly weed is a great addition to a sunny garden with average to dry soils. As the common name suggests, these plants are butterfly magnets.

Butterfly weed is a member of the milkweed family. This family includes plants with a milky sap poisonous to most insects. Unlike other milkweeds, *Asclepias tuberosa* contains little sap. The leaves are 2-5" long, more or less alternate growing closely together spiraling up the stem, hairy, unserrated,

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What Is Farmer Chic?

By Monrovia Nursery

It's simple, really. It's a way of gardening for the eco-aware who don't want to sacrifice style for practicality. You may like the idea of growing your own fruits and herbs, but don't want your yard to look like a farm!

Follow these guidelines and start adding some edible plants to your garden, and you'll soon find that you want to add more and more. By incorporating edibles into your design and selecting a variety of attractive fruits, herbs and vegetables, your garden will look chic and luscious.

Here Are Our Top Reasons To Start Planting Edibles:

Eating Local — Nothing is more local than your own yard!!

It's Easy — The truly Chic Farmer wants to spend more time harvesting and eating rather than planting. Select perennials that just keep providing a profusion of fresh, nutritious foods, year after year.

A Bit of Envy — When you share your homegrown produce with friends and family, they'll notice that your recipes

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2017 Perennial continued from p1

lanceolate, sessile or lacking leaf petiole and appearing attached to the stem. Leaves are dark green on top, lighter green beneath. Stems are hairy and branched near the top with (umbels) clusters of many showy flowers in late spring through mid-July. Plant in full sun where they grow best (in well draining soil) and enjoy their low water requirements. Butterfly weed is not subject to serious insect or disease problems, but aphids are a common nuisance pest.

Butterfly weed flowers are easy to recognize because of their “5 up & 5 down” appearance. Each flower has five colorful petals that hang down, and five upright curved petals called hoods, each possessing one horn. Horns are more or less orange, erect, sickle shaped, inward curved, forming within the hood. When cross-pollinated a dry fruit forms. This dried fruit, also called a follicle, opens along one side to disperse the seeds. It is 4-5” long and only 1/2”-3/4” wide, with a smooth surface. Initially green, they mature brown and split open to release the seeds. Deadheading *Asclepias tuberosa* is recommended to prevent reseeding, keeps the plants more attractive and promotes a second push of color later in the season.

Asclepias tuberosa makes excellent, long-lasting cut flowers. Cut stems when more than half the flowers are

open; buds do not open well once the stem is cut. Sealing the cut end is not necessary to prevent sap from seeping out of the stems. Instead, cut flowers have a good vase life if they are immediately placed in warm water after cutting and either placing stems in a refrigerator for 12 hours or transferring the stems to cold water. This process eliminates what little sap may be produced.

Since *Asclepias tuberosa* is a native prairie plant, butterfly weed is quite comfortable in meadow gardens, native plantings and wildlife sanctuaries, but is finding its way into more formal to semi-formal urban gardens. For an unrivaled display of eye-popping orange color, plant in large masses. Butterfly weed pairs well with summer blooming Phlox, Hemerocallis, Liatris, Echinacea, Salvia, and most June/July sun loving perennials. Another bonus is that deer will leave *Asclepias tuberosa* alone!

Many bees, wasps, ants, butterflies and beetles visit butterfly weed as well as hummingbirds. All members of the milkweed family serve as larval food for the Monarch butterfly (*Danaus plexippus*), Queen Butterfly (*Danaus gilippus*) and the Milkweed Tussock Moth (*Euchaetes egle*). Let them munch on butterfly weed and you will be rewarded with these “flowers of the air.” •



March is a good time to plant Avocados

TO DO LIST: March



PRUNING

Prune Camellias and Azaleas after blooming to shape.

Cut back frost damaged plants and feed with Gro-Power to encourage new growth and regeneration.

FERTILIZE

Roses and Shrubs with Gro-Power or Gro-Power for Roses.

Feed Citrus, Avocado, and Fruits with Gro-Power or Gro-Power Citrus & Avocado Food.

PLANT

Citrus, Avocados, and tropical and sub-tropical fruit.

Start to replace cool season bedding plants with **warm season plants**.

Plant **warm season vegetables** like tomatoes, peppers, and squash.

Be sure to **amend the soil** with good organic compost. Big Harvest Bale is great for edibles and ornamentals.

LOOK FOR

Azaleas, Spirea, Tuberous Begonias, Caladiums, Calla Lilies and Roses. •

Poway Store Makes Big Moves

There is something different in the Poway store. Things are moving! Sure enough, displays you found in the same old place are getting a facelift and being relocated. For instance, the bird feeders, bird food, and bird houses have moved around the corner of the building, across from the restrooms (behind houseplants). Enjoy the improved shopping experience and feel free to ask us if you are having difficulty finding something. •



Farmer Chic continued from p1

taste so much better with fresh, organic herbs and homegrown fruits and vegetables.

Good for the Environment — No need to remind you of the carbon footprint of those supermarket grapes that were grown in South America, especially when they are so easy to grow yourself.

You Can Have Both — You don't have to choose between an ornamental garden and an edible landscape. There are so many really beautiful edibles that will provide color, texture, flowers and fragrance.

Are You Ready to Unleash Your Inner Farmer?

First, take a look around your garden to see where you might be able to fit in some edibles. Don't forget to think about the front yard as well as the back. Could give up a portion of the lawn? Do you have any high-maintenance plants that need too much water or attention? Might be time to say, "so long."

Next, think about the largest items in the landscape; the trees. **Fruit trees** make a beautiful addition to the garden or in a container on the patio. **Citrus**, with their glossy green foliage and fantastic fragrance, can provide an abundance of oranges, grapefruit, tangerines, lemons and limes. Try the **Variegated Calamondin Lime**, with stunning green and cream-colored foliage. Even the fruit is variegated with a pale green stripe. The **Moro Blood Orange** has bright red-fleshed fruit with a delicious flavor, and the **Meyer Lemon** produces a crop of juicy fruit twice a year. A great looking citrus for a container is a **Kumquat**, which is loaded with small, orange fruit. The fruit is delicious for snacking or made into marmalade.

Mediterranean favorites, **pomegranates** and **figs**, provide a bounty of gourmet fruit on gracefully branching trees. Pomegranates have brilliant orange

flowers that will yield a crop of big red fruit that are extremely high in antioxidants. Figs produce a summer harvest of tasty fruit perfect for desserts or appetizers.

Now, we move on to **shrubs**. **Blueberries** are the hottest edible for home gardens. They are very chic, with an array of white to blush-colored flowers in the spring and foliage that changes in the autumn from a pretty green to vivid red and gold. And, you'll be rewarded with a lot of berries. This delicious, antioxidant rich super-food is quite pricey in the supermarket, yet one plant can produce six to seven pounds of fruit.

Blueberries are surprisingly easy to grow throughout the U.S.—even in warmer regions. The Southern High-bush varieties like **Bountiful Blue**, **O'Neal**, **Sunshine Blue**, **Jubilee** and **Southmoon** are extremely tolerant of heat and humidity and are self-fruitful.

Next, think about **adding height** in your Farmer Chic garden. You may want some vines that will climb onto lovely wrought-iron trellises or a vintage arbor. **Grapes** are great vines for covering structures, and you'll be rewarded with sweet, juicy grapes for eating or for winemaking! For something a bit more exotic, try growing **Kiwi**, which is delicious and easy to grow. It's a fast-growing vine, so plant near a trellis or arbor so it can climb and the fruit can hang down for easy harvesting.

Herbs will round out your incredible edible garden. Just tuck in **creeping Rosemary** and **lavender**. Try growing a **Sweet Bay (laurel)** in a container on your patio and use the leaves for soups and sauces.

To complete your farmer chic look, add some raised-bed planters and have an all-season garden that pays you back with the freshest foods from your own yard. •



Bountiful Blue Blueberry from Monrovia

Peppers

continued from p1

come in contact with the capsaicin from the ribs. Capsaicin may have several health benefits. Some of the possibilities being studied are increased metabolism, appetite suppression, decreased heart disease, reduced pain perception, and reduced heartburn (believe it or not!). Like your peppers hot? The more mature the pepper fruit, the hotter the pepper will be. Stress, such as drought, will also make peppers hotter. You can cause stress to the plant by cutting back on watering after fruits have started to develop so the soil stays dry, but be careful not to let the plant wilt! However, drought stress may reduce yields. •





Words From Walter

Good Looking Plants That Are Easy To Grow

By Walter Andersen, Jr.

This month, Walter has some thoughts on random plants that are good looking, aren't water hogs, and are easy to grow.

Looking for a neat plant that is easy to grow and looks good all year round?



Asparagus densiflorus 'Meyerii'
Photo: San Marcos Growers

Asparagus densiflorus 'Meyerii' (May be spelled "Meyer" or "Myersii")

The foliage is bright green, and the bushy, tail-like stems emerge from a clump in the soil. If the plants are really happy the stems can reach 2.5 feet long. This plant forms a large round clump and almost continually sends up new shoots from the base of the plant. It makes a great container plant and I suggest something at least 15" in diameter. A smaller size will work but the plant will outgrow it quickly. Grown in the ground, where it can form a clump almost 6' in diameter. It can be grown in full sun within about 10 miles of the coast. Inland and where it's hotter, it will perform best in an area with part to full shade during the hottest part of the day. When mature, the tail-like green stems have tiny white blooms and can set small red seed pods that are about 1/4" in diameter. These are tough plants and can survive with minimal care, but regular watering

(twice a week) and a feeding of Gro-Power every two months will encourage a show stopping plant. It is also great in cut flower arrangements.

Hesparaloe parviflora 'Brakelight Red' Yucca **Low Water Use Plant**

Hesparaloe parviflora 'Brakelight Red' is a newer introduction. Hesparaloe parivflora is native to Texas and northern Mexico, and is a super tough plant. It grows to about 12" to 16" tall, has long thin grey-green leaves, and sends out marvelous red bloom spikes in late spring through summer, sometimes lasting into fall. It can be grown as a wonderful container plant, probably 14" or larger in diameter. To plant, use E. B. Stone Cactus Mix. It is a great accent plant in a low-water-use garden, or plant enmasse for a dramatic xeriscape landscape. "Brakelight" is a deeper red than most other Hesparaloe varieties, and another benefit is that it is ever-green and looks good even when not in bloom.



'Breaklight Red' Yucca
Photo: Monrovia

Echeveria **Bullet Proof & Easy to Grow**

Are you looking for some really neat plants that require very little care and water? Check out Echeveria. There are lots of different varieties of this great succulent plant. The plants are

smallish, lower growing, perhaps 10" to 12" tall. They make great potted plants, and are at home in rock gardens. When planted in the ground they do best in full sun or part shade. Too much shade causes them to become leggy as they try to stretch for more sunlight. The mature clumps can be 16" or more wide. The plants have thick succulent-like leaves, some with hair on them. Edges of the leaves can be flat or wavy



'Lipstick' Echeveria
Photo: Monrovia

depending on the variety. Color mostly comes from the foliage, and can be green, grey, grey-greens with shades of orange or red, especially on the edge of the leaf. Most send up a flower spike, which can reach 15" above the plant. Blooms have shades of red, pink, salmon and yellow, depending on the variety. They don't like to be wet all of the time, so let the soil dry before you water again. They don't need much care as they almost survive on their own. If you give them a general purpose plant food about once a month, they will develop larger leaves, and grow faster. They are very easy to propagate by rooting offshoots, leaf cuttings, or root the trimmed stems if you cut them back. Plant in cactus mix to get them off to a good start. •

WALTER ANDERSEN NURSERY'S OWN



Choose Locally-Grown Flowers and Vegetables for Your Garden. Look for 1st Prize Plants at WAN!

MAY 13-14, 2017

ACCREDITED JUDGE SUPPORT/SERVICES
PROVIDED BY THE E.C.R.S.

Poway Rose 18th Annual Show



WALTER ANDERSEN
NURSERY



ENTRY REGISTRATION: May 13 from 8am-10:30am

JUDGING: May 13 from 11am-1pm

HOURS: May 13 from 1pm-5pm

May 14 from 9am-4pm

POWAY LOCATION: 12755 Danielson Court

Special Class: Obra Verde To Share Their Beauties From Down Under

March 11 | 9:30am | Poway

By Melanie Potter

Chamelaucium 'Revelation'
Obra Verde Growers



Waxflower 'Dancing Queen'
Obra Verde Growers



Chamelaucium 'Purple Pride'
San Marcos Growers

Grevillea 'Coastal Gem'
San Marcos Growers



Grevillea 'Moonlight'
San Marcos Growers

G'day Mates! You are invited to meet Joe from Obra Verde on March 11 at 9:30am at our Poway store for a class about Australian Beauties. Some will be leggy, some will be airy and there will be a Dancing Queen. For the record, we're talking about plants.

We will have Chamelaucium, also known as waxflower to share. You'll see 'Dancing Queen', 'Revelation', and 'Bridal Pearl' along with 'Purple Pride'. A Coleonema will also be featured.

If you can't get enough of Grevilleas, we will have 'Coastal Gem', 'Moonlight' (a variety rarely available in smaller sizes), and 'Pink Midget'.

Looking for something new? In addition to the regularly available Leucophyllum 'Safari Sunset', we'll see for the first time, 'Jubilee Crown, and 'Little Red'.

All these Aussie natives are durable, make great cut flowers, and need little care. **Keep reading for a quick introduction to these plants.**

Waxflower 'Dancing Queen'

Like all Chamelaucium, plant in well-drained soil in full or partial sun. Pink double blooms flower late winter through early spring.

Chamelaucium 'Revelation'

Bountiful, five-petaled clusters of 1/2" flowers are accented by deep red buttons. Blooms vary in color with maturity, displaying multiple hues at the same time.

Chamelaucium 'Bridal Pearl'

Pearly, cupped, five-petaled 1/2" flower that evolves in color with maturity. It's the earliest bloomer of the Pearl flower series. Foliage is needle-like and aromatic.

Chamelaucium 'Purple Pride'

A dark selection that grows to 6 to 7 feet tall by as wide with long dark green foliage that densely lines the dark red stems. Blooms occur winter to spring (January - May) as 1/2" wide dark rosy-purple flowers with a white central ring that are slightly larger than the other varieties.

Coleonema 'Dark Pink Breath of Heaven'

It's a delicate-looking evergreen shrub valued for fragrant, fine-textured leaves and abundant flowers. Blooms winter through spring and sporadically throughout the year. Prefers full sun, though becomes taller in some shade. It requires fast-draining soil. Shear lightly after first bloom, and thin out old wood in mature plants.

Grevillea 'Coastal Gem'

Plant this where you might want a low Juniper. The plants have very tightly spaced small leaves that give it a fine texture and it grows to 2' tall and 3-4' wide. Great bee attractant!

Grevillea 'Moonlight'

A large fast-growing upright shrub up to 12 feet tall by 8 feet wide with

fine textured foliage and large ivory-colored spidery toothbrush-like flowers at the branch tips nearly year-round. The green leaves (gray on the underside) are 6 to 8 inches long and finely dissected and fern-like.

Grevillea 'Pink Midget'

This variety sports playful, umbrella-like 1/2" flower clusters that bloom all year. It can fit into small spaces in the garden and small pots on the patio.

Leucophyllum 'Jubilee Crown'

A dense evergreen shrub to 4 to 6 feet tall by 3 to 4 feet wide with an upright rounded habit with attractive, narrow blue-green, slightly hairy leaves. A female selection with cones of green bracts that turns red when grown in sun. These cones are often described as raspberry shaped from the top in the same color as this fruit and are most colorful from April to June. Plant in full sun in a well-drained, preferably acidic, soil. Give occasional to infrequent irrigation after established. •

Leucophyllum 'Jubilee Crown'



Grevillea 'Pink Midget'
Obra Verde Growers



Old Ben:

Endangered Birds Of America

By Old Ben



Golden-Cheeked Warbler



Sage Grouse



California Condor



Piping Plover



Nene



Whooping Crane

The United States was once home to a rich and diverse avian population, with birds such as the passenger pigeon, Carolina parakeet, and the dusky sparrow winging through our skies. However, several centuries of land development, hunting and human encroachment has thrown our nation's birds into crisis, resulting in extinction for some and threatened status for many. Today the U.S. Wildlife Service reports that as many as 91 species are threatened or on the verge of extinction. Here are six birds currently under threat in the U.S.

Golden-Cheeked Warbler

This endangered species lives and breeds in central Texas, specifically around the Edwards Plateau, Lampasas Cut Plain and the Central Mineral Region. Ranching, agriculture and land development contributed to the decline of this small, smart bird's habitat. And while habitat destruction destroys its nesting grounds in Texas, deforestation in Central America is wiping out its wintering lands. There are no current reliable estimates of how many of the birds remain.

California Condor

The condor was once a prolific bird which has become an iconic symbol of the American West. The largest flying bird in North America has suffered a serious drop in numbers due to hunting and encroachment on its habitat. In 1980, only 25 of the birds remained in the wild. A captive breeding program at the San Diego Wild Animal Park increased their numbers to more than 150 wild birds. Their numbers remain threatened due to continued habitat loss, as well as poisoning from lead bullets that are left behind in carcasses later scavenged, and pesticides.

Whooping Crane

The endangered whooping crane is a critically threatened bird that has enjoyed a significant return in recent years. Habitat loss and hunting left only 15 whooping cranes alive in 1941, but with the help of biologists, their numbers rebounded to as many as 214 in 2005. Due to a lack of adult birds, the animals needed to be taught how to migrate north to their breeding grounds. Since 2009, 77 whooping cranes have followed a

Old Ben's Specials

Valid March 1-31, 2017

Old Ben's Nyger Seed

The staple food for gold finches and many other small birds.

20lb. bag

Sale \$44.99 Reg. \$49.99

Old Ben's Economy Wild Bird Seed

This mix will attract a wide variety of wild birds including doves, sparrows, and house finches.

20lb. bag

\$14.99 A Great Value!

Old Ben's Classic Wild Bird Seed

Attracts a wide variety of wild birds. No fillers in this mix.

20lb. bag

Sale \$24.99 Reg. \$29.99

Old Ben's Oriole Food or Crystal Clear Hummingbird Food

Blended to attract these beautiful birds. **Must buy 2 bags to get sale price mix or match.**

16oz. package

Sale 2 for \$10

Reg. \$6.99 each

All specials limited to stock on hand.

No special orders. Cannot be combined with any other discount or offer.

lightweight plane from western Florida to Wisconsin and back each year.

Hawaiian Goose or Nene

The nene is the official state bird of Hawaii. The Hawaiian goose was

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Garden Classes

MARCH

Saturday classes are **FREE** and last about an hour. Complimentary coffee is served. During inclement weather, classes are held indoors in San Diego and on the covered, heated patio in Poway. Topics are subject to change. See the full schedule at www.walterandersen.com/calendar/.

SAN DIEGO | 9:00AM**3/4**

Tomatoes for Spring

3/11

Peppers for Spring

3/18

Citrus & Avocado

3/25Groundcovers for
Banks & Slopes**POWAY | 9:30AM****3/4**

Wine Bottle Lamps Workshop
\$35 materials fee, must be prepaid
(Still space available at press time, call
858-513-4900 to RSVP)

3/11

Australian Beauties!
With Joe from Obra Verde

3/18

Winery Grapes and Winemaking with
Jennifer Lane from Pamo Valley Winery

3/25

Spring Veggies, Prep & Planting
with Richard Wright

Poway Store
Hours Change

On March 13th, the Poway
store hours change to:

**Monday-Friday from 9am-6pm
and Saturday-Sunday from 9am-5pm**

Old Ben continued from p7

declared endangered in 1967 with an estimated population of less than 30 birds. They live in Maui, Hawaii and Kauai. Human encroachment is blamed for diminishing numbers. Today, while the birds are protected, they're still at risk.

Gunnison Sage Grouse

They live south of the Colorado River in Colorado and Utah. Loss of habitat has been extremely detrimental for this animal, which requires a variety of land types for its survival, including sagebrush and wetlands. The bird is listed by the Audubon Society as one

of the 10 most threatened birds in the country.

Piping Plover

The piping plover makes its home along the Northern Great Plains and the Atlantic coast, but it's the birds in the Great Lakes region that are endangered. These small shorebirds are threatened by the development of the coastal beaches where they nest. They are incredibly sensitive to human presence and will abandon their nest if disturbed. In 2006 this bird was listed by the Audubon Society as one of the 10 most endangered in the country. •



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