



Walter Andersen Nursery™

SAN DIEGO'S GARDEN RESOURCE

GardenTalk

INDEPENDENT & FAMILY-OWNED SINCE 1928!

STORE HOURS: San Diego 8am-5pm | Poway 9am-5pm | 7 Days-A-Week

• IN THIS ISSUE •

- Iceberg Lettuce: The Star 1
- Good Plants Start With Seeds 1
- The County Fair, The End 1
- Recipe: 1905 Salad 3
- A Visit To Alta Vista Gardens 4
- Did You Know? Tomatoes 4
- To Do List: July 5
- Farewell Evelyn Weidner 5
- July Garden Classes 6
- GardenTalk Radio Schedule 6

Iceberg Lettuce: From the Everyday Salad Bowl To The Star Of The Show



By Don Nichols, Food Gardening Network



My father, a professional chef with a deep respect for fresh ingredients and a flair for making the ordinary feel special, would lead off the meal with a salad. And at the heart of that salad, night after night, season after season, was iceberg lettuce.

One evening, my father placed a salad in front of me that looked, unfinished.

Sitting squarely on the plate, was a wedge of iceberg lettuce, intact,

[continued p2](#)

Good Plants Start With Seeds

By Melanie Potter



When I spotted Ella in our Poway store tending a garden she started from seed, it reminded me of how overlooked seeds seem as we tend to plant from six packs or four-inch containers. That makes sense because you get a growing jump on the herbs, flowers and vegetables you anticipate enjoying.

[continued p2](#)

The San Diego County Fair, The End

By WAN Staff



The San Diego County Fair is coming to an end and we hope you can attend and see the garden displays. The **award-winning WAN display** featured a dragon. That's right, award-winning—we were given the **Ecke Family Award!** The fair ends July 5. •

Seeds

continued from p1



However, Ella has tremendous success growing plants from seeds and if you have kids home for the summer, this is a fun project to do with them. Therefore, *I asked the expert what seeds she recommended planting now and why. Here's the scoop from Ella.*

Butterfly Pea – If you have room for a tall climber, plant this. It is great for pollinators and you use the flowers as a natural blue food dye.



Scabiosa

Scabiosa – This plant blooms almost year-round if the winter is mild. It's another great pollinator plant that can survive a couple of years and self sow.

Zinnias – If you like a warm summer, you and zinnias have something in common. There are loads of varieties and bright colors to choose from and yes, it's pollinator friendly.

[continued p3](#)

Iceberg Lettuce continued from p1



The wedge salad

unapologetic, and generously covered in his homemade blue-cheese dressing. It was topped with bacon bits, cherry tomatoes, and a sprinkle of parsley. This is an iceberg wedge salad.



Iceberg Lettuce: A California Classic

Iceberg lettuce rose to prominence in the early 20th century, thanks in part to innovations in refrigerated rail transport. Heads of lettuce packed in crushed ice could be shipped across the country, arriving fresh and crisp, a revelation at the time. That crispness became its calling card.

Iceberg lettuce prefers cool weather, making it ideal for spring and fall planting in many regions, so begin thinking ahead!

- Plant in full sun to partial shade.
- Space plants about 12 inches apart.
- Use well-drained, fertile soil rich in organic matter.
- Keep soil consistently moist (but not waterlogged).



Fun Facts For Your Next Dinner Party

- Iceberg lettuce is about 95 percent water, which explains its refreshing crunch.
- The name “iceberg” comes from the practice of shipping lettuce packed in ice.
- It became wildly popular in mid-20th-century America, thanks to its durability and shelf life.
- When refrigerated, a whole head can last significantly longer than loose-leaf varieties.
- Despite its mild flavor, homegrown iceberg can be noticeably sweeter and more complex than store-bought versions.

Editors Note: I know we have some doubting Thomas's out there when it comes to iceberg lettuce. However, growing up in Florida, a favorite restaurant, The Columbia, uses iceberg as the star of its famous 1905 salad. See the **recipe on page 3** in this newsletter and I promise you might embrace Iceberg! •

Seeds

continued from p2



California Bluebells

California Bluebells – Try a California native that's easy to grow from seed.

Sunflowers – You can grow pollen-less hybrid varieties that allow you to bring cut flowers inside without the mess. Grow others like 'Lemon Queen' to feast your eyes and the bees!!



Mexican Tarragon

Other flower choices that Ella recommends include **marigolds**, **cosmos**, and **amaranth**.

Don't forget edibles, and among the easiest are **Mexican tarragon**, **kale** (best to transplant so you can plant it a bit deeper) and **Swiss Chard**. •



Recipe: 1905 Salad



Columbia 1905 Salad

Photos: Columbia Operating Company, Inc.



Bottled dressing

In the 1970s, this flavorful salad was the Columbia Restaurant's answer to the ubiquitous salad bar. Created by waiter Tony Noriega in the 1940s, it was adapted by Columbia, eventually phasing out the use of black olives and celery. The Columbia created a new dressing that featured Spanish olive oil, minced garlic, dried oregano and white wine vinegar, enhanced by Worcestershire sauce, lemon and Parmesan cheese. The salad earned the Columbia a place on USA Today's list of "10 Great Places to Make a Meal of a Salad."

Ingredients For 1905 Salad (named for when the restaurant was founded)

- 4 cups iceberg lettuce, broken into 1½" x 1½" pieces
- 1 ripe tomato, cut into eighths
- ½ cup baked ham, julienned 2" x ⅛" (may substitute turkey or shrimp)
- ½ cup Swiss cheese, julienne 2" x ⅛"
- ½ cup green Spanish olives
- 1 cup "1905" Dressing (recipe at right)
- ¼ cup Romano cheese, grated
- 2 tablespoons Worcestershire Sauce
- 1 lemon

Combine lettuce, tomato, ham, Swiss cheese and olives in a large salad bowl. Before serving, add "1905" Dressing, Romano cheese, Worcestershire and the juice of 1 lemon. Toss well and serve immediately.

Makes 2 full salads or 4 side salads.

"1905" Dressing Recipe

- ½ cup extra-virgin Spanish olive oil
- 4 garlic cloves, minced
- 2 teaspoons dried oregano
- ⅛ cup white wine vinegar
- Salt and pepper to taste

Mix olive oil, garlic and oregano in a bowl. Stir in vinegar and season with salt and pepper. For best results, prepare the dressing 1 to 2 days in advance and refrigerate.

The restaurant also bottles the dressing and it's available for purchase at <https://shop.columbiarestaurant.com/collections/best-sellers/products/columbia-1905-salad-dressing>. •





Did You Know This About Tomatoes?

By WAN Staff



Keep these things in mind when you are growing tomatoes!



Too much water dilutes flavor (even though it makes plants look lush).

Too much fertilizer grows beautiful leaves and can deliver disappointing tomatoes.



Slight, controlled stress concentrates flavor.

Letting fruit ripen at its natural pace, not rushing it, makes all the difference.



For solutions to your tomato problems, here is a helpful PDF to download from our website.

<https://www.walterandersen.com/wp-content/uploads/2023/07/TomatoProblemsV12023.pdf>



A Visit To Alta Vista Gardens

By Melanie Potter

A morning at Alta Vista Gardens in Vista was well spent as Ken Andersen saw loads of interesting plants, some he reported not often seeing. The botanical garden boasts loads of rare plants, many from Australia and New Zealand. Established in 1999, the admission fee is only \$5!!

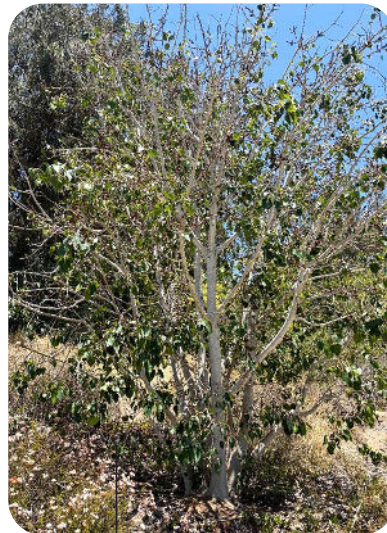


Cycas circinalis

Cycas circinalis or queen sago is a plant Ken said you don't see often. In fact, he said it used to be very popular but has somewhat disappeared.

Thevetia thevetioides

Just a pretty tree in bloom, it grows to 12' tall but it will drop fruit and can be messy.



Ficus religiosa

Ken marveled that this was the largest *Ficus religiosa* he'd seen. This tree is one of the most spiritually significant plants in the world. Revered by Buddhists and Hindus alike, it is famous for its distinctive "dancing" leaves that rustle even in a light breeze. Native to the Indian subcontinent, it symbolizes peace, longevity, and enlightenment. •

Dasyliirion longissimum

It produces tall, dramatic cream-colored flower panicles on long stalks in bloom season and is prized for xeriscape and desert-style landscapes. This caught Ken's eye because you don't seem them blooming often.



Farewell Evelyn Weidner

By Ken Andersen



Evelyn Weidner

We were saddened to hear of the passing of Weidner's Gardens co-founder Evelyn Weidner. Weidner's was, and still is a great industry colleague and friendly competitor in Encinitas. Born in 1926, Evelyn and her late husband Robert founded Weidner's Gardens after moving to Encinitas from Orange County at the urging of Paul Ecke Jr. Evelyn retired in 2013 and Weidner's Gardens continues to thrive under ownership by former employees Kalim Owens and Oliver Storm. •



To Do List: July

- Fertilize
- Water
- Prune
- Plant



Check lawn sprinklers for any issues



Plant more vegetables



Look for Lantana



Use Ada Perry's on roses

Fertilize

- > For **lawns**, use Marathon Fertilizer.
- > Use E.B. Stone or Gro-Power to feed **ornamentals, vegetables, citrus, Avocado, fruit trees, palms** and **tropicals**.
- > Add Ada Perry's Magic Formula to your regular **rose feeding** schedule this month.

Water

- > Through October, keep a close **watch on watering** to make sure plants do not suffer from drought.
- > Adjust sprinkler clocks or provide **supplemental watering** to avoid stress to plants.
- > Make sure **lawn sprinklers** are working properly to prevent waste and dead spots.
- > **Mulch plants** to conserve water and dress up planting beds.

Prune

- > Coral trees and roses.



Plant

- > **Plant anything!** Just make sure they get plenty of water! New plantings will require more frequent, shallower waterings than established plants.
- > Look for Plumeria, Hibiscus, Lantana, Plumbago, Gardenias, and bedding plants. •



Holiday Closing

July 4th!

Both stores will be closed
Saturday, July 4 for the holiday.



Garden Talk

RADIO

Listen to the WAN Experts
Saturdays 6am-7am
AM 1170 & 1210 | FM 96.1 & 106.1

Or Listen Anytime on our Podcasts Page

Shows This Month:

- 7/4 – Best of Garden Talk
- 7/11 – Ken, George & John
- 7/18 – Ken, George & John
with special guest Greg Alder
(avocado expert)
- 7/25 – Ken, George & John

*Guests subject to change
without notice*



walterandersen.com

Garden Classes: July

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 <https://www.walterandersen.com/classes-events/>.

SAN DIEGO	POWAY
9:00AM	9:30AM
<p>7/4 No Class 4th of July Weekend</p> <p>7/11 Ask The Doc with Richard</p> <p>7/18 Fairy Gardens with Constanze</p> <p>7/25 Composting 101 with Kathleen</p>	<p>7/4 No Class 4th of July Weekend</p> <p>7/11 Plumerias with Mike Atkinson</p> <p>7/18 Carnivorous Plants with Kay Klausung</p> <p>7/25 Tropical Plants (Including Tropical Fruit) with Mike Letzring</p>



INDEPENDENT & FAMILY-OWNED SINCE 1928!

SAN DIEGO'S GARDEN RESOURCE



Visit Our 2 Locations

SAN DIEGO

3642 Enterprise Street
San Diego, California 92110
619-224-8271
Open 8am-5pm | 7 Days-A-Week

POWAY

12755 Danielson Court
Poway, California 92064
858-513-4900
Open 9am-5pm | 7 Days-A-Week

Visit Us Online



walterandersen.com



facebook



instagram



youtube



shop