

# NOTES FROM THE GARDEN

*Spring/Summer 2015*

*The Del Mar Garden Club*



Bonjour, Bonjour! It is with great pleasure and a little trepidation, that we present our first online issue of "Notes from the Garden". It is our goal to highlight the talents of the members of the Del Mar Garden Club all the while teaching and sharing and delighting the senses. We do hope you will come to us with your ideas, art work, your poetry, your knowledge and questions...for

this is indeed a work of the whole. At this time, we are planning to release two issues per year: Spring/Summer and Fall/Winter. As we develop our media skills and our library of material enlarges, we may add another issue. We would like to acknowledge and thank our worthy contributors without whose talents this would be an empty forum: Lynne Blackman for her article on edible figs, Mary Friestedt for sharing her story on favorite herbs, Carol Vernon for keeping us up to date on happenings in the community. Pat Welsh contributed her glorious garden photo for the cover as well as allowing us to reproduce her paintings. Lisa Lutz has always been ready with her camera. Diane Uke, submitted recipes from her coveted repertoire. Marian Casazza wrote and illustrated two lovely poems on the advent of Spring.

Fondly,

Mlle. Ernst Calvat, LLK and Nova of the  
"Press Club"



## Wondrous Herbs

Herbs! What's the big deal about these plants? Well, where else can you find plants that make food taste better, are medicinal, repel unwanted insects, attract beneficial insects, blend in beautifully with succulents and Mediterranean plants, and are drought tolerant? In fact, at San Diego Botanic Garden, we call any plant that is useful an herb.

There are hundreds of herbs, but here are a few of my favorites:

**Rosemary:** Native to the Mediterranean, rosemary has a multitude of uses from medicinal to culinary to ornamental to cosmetic to aromatic. And did you know that if a rosemary bush grows vigorously in a family garden, it means the woman heads the household? Rosemary comes in many shapes, from prostrate (Huntington Carpet is a good one) to upright (Tuscan blue rosemary can grow to 12 ft.) and shapes in between. This herb attracts bees to pollinate your garden and is extremely drought tolerant. Rosemary is perhaps best known as the herb of remembrance, friendship, and love.

**Sweet Bay/Laurel:** Another Mediterranean native, bay trees have as many uses as rosemary. The flavor of soups and stews is enhanced by bay leaves. A fresh bay leaf or two in your cupboard will deter weevils and moths. The leaves can be woven into beautiful wreaths. This drought tolerant tree can be grown in a container or in the ground, where it may reach up to 10 ft. or more.

**Yarrow:** At San Diego Botanic Garden, we call this European native the plant doctor because it improves nearby species' immunity. Yarrows come in many colors, but my favorite is yellow; it can be dried and used in arrangements for years. Yarrows have been used for many ailments throughout the centuries. Another drought tolerant beauty, yarrow weaves beautifully through a garden. I will never be without it.

**Borage:** This drought tolerant relative of forget-me-nots is beloved by bees. The flowers are blue or white; I prefer the blue ones. The edible flowers are supposed to give people courage and happiness! According to

old wives' tales, borage was sometimes smuggled into the drinks of prospective husbands to give them the courage to propose marriage.

**Feverfew:** Another European native, this charming plant with its daisy like flowers can relieve migraines! Yes, put a few leaves in a sandwich and the headache disappears. The dried leaves are a natural disinfectant and pest repellent.

I could go on and on. You are always welcome to come to my garden and check out the herbs. Or go to a great website, [davesgarden.com](http://davesgarden.com), to learn about any plant you are interested in. Have fun with your herbs!



## CLASSIC GLO BAR RECIPE

*Diane Uke's relative, Angela Liddon shares her favorite vegan energy bar recipe—The Oh She Glows blogger shares the recipe that put her on the map! Mar 24, 2014 Chatelaine 1 Photo, Angela Liddon.*

This is the granola bar that started it all! In 2009, I created a vegan energy bar recipe and to say it was an instant hit is an understatement. People online (and offline) went crazy for these and they became so popular that I started getting all kinds of requests to sell my Glo Bars to adoring fans. Several months later, I opened an online vegan bakery featuring this Glo Bar and a handful of other flavor's. I baked (by hand), more than 500 Glo Bars each week. It was the adventure of a lifetime, and when I started writing my cookbook, I knew I wanted to feature a couple of the most popular Glo Bar recipes as a thank-you to my loyal customers. So here they are, dear Glo Bar fans — this is my thank-you for your incredible support over the **years! And if you've never had a Glo Bar before, I hope you enjoy them just as much as we do! They're** gluten-free, oil-free, raw/no bake, soy-free and refined sugar-free.

### Classic Glo Bar recipe (makes 12 bars)

**Prep time: 15 minutes; Freeze time: 10 minutes**

#### Ingredients:

- 1 1/2 cups gluten-free rolled oats
- 1 1/4 cups rice crisp cereal
- 1/4 cup hemp seeds
- 1/4 cup sunflower seeds
- 1/4 cup unsweetened shredded coconut
- 2 tablespoons sesame seeds
- 2 tablespoons chia seeds
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon fine-grain sea salt
- 1/2 cup, plus 1 tablespoon, brown rice syrup
- 1/4 cup roasted peanut butter or almond butter
- 1 teaspoon pure vanilla extract
- 1/4 cup mini non-dairy chocolate chips (such as Enjoy Life brand) (optional)

#### Directions

1. Line a 9-inch square cake pan with two pieces of parchment paper (one going each way).
2. In a large bowl, combine the oats, rice crisp cereal, hemp seeds, sunflower seeds, coconut, sesame seeds, chia seeds, cinnamon, and salt and mix.
3. In a small saucepan, stir together the brown rice syrup and peanut butter until well combined. Cook



over medium to heat until the mixture softens and bubbles lightly, then remove the pan from the heat.

4. Pour the peanut butter mixture over the oat mixture, using a spatula to scrape every last bit out of the pan. Stir well with a large

metal spoon until all of the oats and cereal are coated in the wet mixture. (The resulting mixture will be very thick and difficult to stir. If you get tired, just picture me making five hundred of these **bars in a row, and you'll feel better!**) If using the chocolate chips, allow the mixture to cool slightly before folding in the chips. This will prevent them from melting.

5. Transfer the mixture to the prepared pan, spreading it out into an even layer. Lightly wet your hands and press down on the mixture to even it out. Use a pastry roller to compact the mixture firmly and evenly. This helps the bars hold together better. Press down on the edges with your fingers to even out.

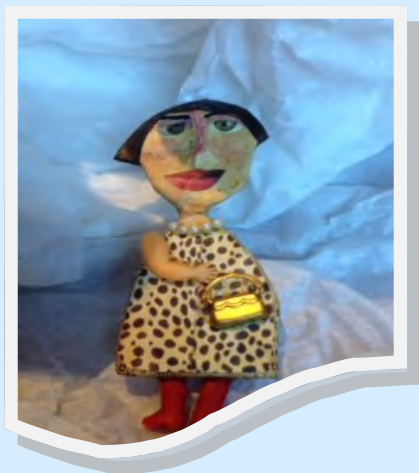
6. Place the pan in the freezer, uncovered, and chill for 10 minutes, or until firm.

7. Lift the oat square out of the pan, using the parchment paper as handles, and place it on a cutting board. With a pizza roller (or a serrated knife), slice the square into 6 rows and then slice them in half to make 12 bars total.

8. Wrap the bars individually in plastic wrap or foil and store them in an airtight container in the refrigerator for up to 2 weeks. Alternatively, you can store them in the freezer for up to 1 month.

Tip: To make the bars nut-free, substitute sunflower seed butter for the peanut butter. Look for lightly sweetened sunflower seed butter, such as by Sunbutter, because unsweetened sunflower seed butter can have a bitter aftertaste.

Excerpted from The Oh She Glows Cookbook by Angela Liddon. Copyright Angela Liddon, 2014. Reprinted by permission of Penguin Canada Books Inc.



## LUCIOUS LOUISE

*Hi, I'm Louise, your roving reporter from Gerrard's Cross, UK. I will be supervising these editors to make sure the Del Mar Garden Club gets the best news, event calendar, hints & tips, and the finest gardening information available in North*

*County. Sometimes, I will be at the Press Club Meetings, other times, selecting the freshest kale, visiting a garden, or having tea and a scone. BTW send ME your very best scone recipe for the Fall newsletter...Cheerio....Louise*

*P.S. I'm so proud of the Press Club, they gave me my own email address! So send me your recipes, ideas and questions for our next newsmagazine [lлатdmgc@gmail.com](mailto:lлатdmgc@gmail.com)*



## Northern Spy's Kale Salad

From Diane Uke. By Genius Recipes • January 6, 2012



*Author Notes: This salad is ideal for making ahead for company (or tomorrow's lunch) and has been a mainstay on the menu at Northern Spy Food Co. in Manhattan's East (... more) - Genius Recipes*

### Serves 2

1/2 cup cubed kabocha, butternut, or other winter squash

Extra-virgin olive oil

Salt and freshly ground pepper

1 bunch kale (preferably lacinato or dinosaur kale), ribs removed and finely sliced, about 2 1/2 cups

1/4 cup almonds, cut roughly in half

1/4 cup crumbled or finely chopped Cabot clothbound cheddar (or any good, aged cheddar -- if you can't find aged cheddar, use parmesan) Pecorino or other hard cheese, for shaving (optional) Fresh lemon juice

Heat oven to 425° F. Toss squash cubes in just enough olive oil to coat, and season with salt and pepper. Spread on a baking sheet (lined with parchment for easier cleanup), leaving space between the cubes. Roast in the oven until tender and caramelized, about 40 minutes, tossing with a spatula every 10-15 minutes. Toast the almonds on a baking sheet in the same oven until they start to smell nutty, tossing once, about 10 minutes. Let cool.

In a large mixing bowl, toss the kale with the almonds, cheddar and squash. Season to taste with lemon juice and olive oil (approximately 1 tablespoon lemon juice and 2 tablespoons olive oil). Season to taste with salt and pepper.

Divide salad between two plates or shallow bowls. Garnish with shaved pecorino cheese, if desired, and serve.



## Hints ,Tips, and Indulgences

Looking for worm poo to invigorate your tired soil?? There is no better than that sold at the Leucadia Farmer's Market. The Worm's Way is available every Sunday from 10am until-3pm in a stall near the north east entrance of the Market (Paul Ecke Elementary School). The worms are fed a diet of horse manure and bruised produce from the vendors. Always fresh, sometimes filled with baby worms or eggs, the prices are better than the

bagged "castings" at the nurseries. And they are not sterilized (as are most castings due to government regulations for interstate shipping).

Do you love Dahlias?? Check out Dan's Dahlias on the web, [www.dansdahlias.com](http://www.dansdahlias.com). Don't wait to be awed by those magnificent specimens at the Fair's Flower Show...order them now to have a dahlia show in your own garden. We just love the 2 inch pompons and Dan has a great selection of these generally difficult to find tubers.

Have you found Polo Bay Consignments yet? A darling little store tucked away on Cedros near the Olive Company (Rosa and Cedros Avenues). You will be amazed at the "finds" within. Kelli Barrett, the owner/manager is a delight and she's done a very creative job in displaying the merchandise. On my last trip I even discovered a copy of the 2005 DMGC Cookbook in very good condition and priced at a reasonable \$5.00.

Next time you are on Cedros and need a pick me up, stop at the Cedros Cafe. Located next to the Leaping Lotus, it is where all the locals and merchants take a respite. Superb coffees, chai and croissants!

Spring is a great time to add shrubs and trees to the garden. One of our favorites is the Lemon Verbena, *Aloysia citriodora*..a small deciduous tree/shrub growing to about 4 feet tall with light green, fragrant, spear type leaves and white or lilac flowers. It prefers full (mostly) sun, well-drained soil and moderate water. The ancients coveted it for its medicinal properties claiming it as an aid to digestion (including reducing flatulence). We enjoy the leaves brewed either fresh or dried as a soothing, calming tea. (Remember the Christmas Party favors?).

### "Tree in Powerhouse Park: Del Mar, California" Pat Welsh\*

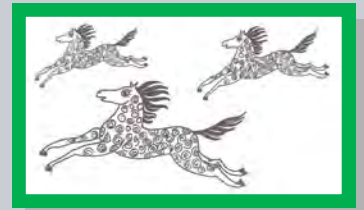
If you need a fun, carefree change of pace consider a spontaneous sunset picnic at Seagrove Park.... bring the hubby, the kids, the puppy and the neighbors or maybe just a group of girlfriends. Pack some deviled eggs, black olives, your favorite goat cheese, a loaf of Bread & Cie, wine or lemonade and some napkins. In the alternative, the Del Mar Pizza just up 15th street has only become better over the years. While the tree pictured in Pat Welsh's painting is no longer alive, new trees have been planted and there are plenty of benches and unlimited magnificent ocean views.

P.S. Finding a parking spot can be bothersome, so walk or ask a friend in that 'hood if you could crowd their driveway.



- Yearning for a touch of the English cottage garden in your yard which is currently filled with drought tolerant plantings?? Pacific Giant delphiniums may just be an answer. They grow very well in pots and repeat bloom 3 times a year with the proper TLC. Place three plants in a pretty 10 gallon pot with rich soil and snail bait (full/mostly sun). Stake the 2-3 ft. spikes as needed. When the spikes have finished blooming, cut back just above the first or second leaflet set from the bottom. Next fertilize with a well-rounded organic product. You should see new growth almost immediately. We know of delphiniums surviving 5 years before needing replacement..... *That's a whole lot of visual pleasure, Lovey!!!*
- If you're looking to have blue hydrangeas, now is the time to start adding elemental sulfur or aluminum sulfate to the soil. Want pinker flowers?? Dolomitic lime is your answer. This plant loves acidic soil so also deposit your coffee grounds around the dripline, mulch well, and keep the ground moist. Do realize there are a few varieties of hydrangea which are resistant to color change. The breeders have recently introduced repeat flowering hydrangeas so ask your nursery mentor to guide you toward the desired selection.
- Need a deep brown leafed shade loving plant? Consider Iresine Herbstii "Miss Coco Peru". This medium -water beauty will accent your shade bed with height, rich color and lovely spiked flowers (blooming from early to late spring). The large (3 inch) mahogany colored leaves last well in a flower arrangement and the cream colored Astilbe-like feathery flower contrasts dramatically against the foliage.

Tom Piergrossi (Don't we miss him in S.D.?) introduced this sport of the red Iresine to our area and sells and ships it through his Vintage Green Farm in Kea'au, Hawaii. While Tom states that "Miss Coco Peru" can be grown in sun or shade, Del Mar plantings in only partial direct sun have resulted in the leaf color transforming into a rather unattractive shade of muted reddish beige. Here, plant in a location where there is an abundance of light but no direct sun. (You may need to spray with B.T. in midsummer). Surprise! Surprise! There may be three of these beauties available as prizes at our June luncheon....The excitement mounts!!!



## • SUMMER FUN ALERT... DON'T MISS THIS ONE!!

2015 is the 50th anniversary of the DM Lifeguards and several of the larger community organizations are joining together to create what is promising to be the "*PARTY OF THE SEASON*"! While the details are still in the planning stages, the date of Saturday, June 27 (early evening) has been set. Mark your calendars now and buy tickets early. This will be a sell-out!



- **Do you love your Torrey Pines??** If so pay attention because they are dying in the State Reserve and all over the county. This is not the first time this has happened. During the drought in the 1980s many pines were lost. The reason: weakened immune systems from lack of water, and subsequent beetle attack. It is recommended that deep watering (2x a month) with a soaker hose just outside the base of the tree will assist in fortifying the tree's immune system thus helping it to ward off an attack of the pine engraver beetle. If your Torrey Pine is located in an area of the garden where it receives water run-off, you may not have to be concerned... Keep an eye on it!

*P.S. we know this is not a Torrey Pine, but it is a telling scene all the same.*

## *Come Fly with with Me*



*Only in our dreams have we been allowed to experience that fanciful, exuberant feeling of the freedom of our bodies soaring above the trees. I can't count the number of times that I have avoided peril by simply flapping my arms, sprinting and lifting off away from the earthly danger.*

*While we envy this innate ability, we also have a duty to protect the inspiration for it: our precious bird friends.*

### *Ways to keep Birds Happy and Healthy:*

*-Clean your bird bath frequently using an organic product with microbes. Use baking soda as grit and nylon scouring pad.*

*-Keep your feeders spotless and filled with fresh seed mixture or other fresh nutritious bird treats.*

*-Remove perches from your birdhouses—birds do not need a perch to move in and out of their house but a predator will use it as a convenient handhold to steady itself as it raids the nest.*

*-Discourage predators by placing your birdhouse well above ground level and away from an arbor, fence or vegetation which may provide easy climbing for unwanted guests.\**

*-When cleaning your hairbrush or lint catcher from the dryer, throw the refuse in the garden for our bird friends to find and use in the nest making process.*

*\*partially adapted from "Lagoon Flyer" Volume 44 #2*



## **EDIBLE FIG (*Ficus carica*)\***

**Lynne Blackman**

Fig trees are the shady green heart of a Mediterranean garden. They are treasured for their succulent fruit and may live for a hundred years. They thrive best in hot, dry climates, with cool winters and rain-free summers.

Figs are indigenous to western Asia. Their dispersal follows the path of human migrations to the Eastern Mediterranean and they are one of first food plants cultivated by humans. Their fossil remains date from 9000 BCE, fully a thousand years before wheat. Figs were a common food source for the Romans and were sacred to

**Dionysus. Sycophant means 'showing of the figs'** and was used in ancient Athens to mean those who informed against another for exporting figs (which was forbidden by law) or stealing them from sacred trees in time of famine.

The bark of fig trees is smooth and silvery. The wood is weak and raised nodes appear where the twisting branches have been shorn away, so over time, the tree takes on the gnarled look of an antique sculpture. The roots are greedy and far-reaching, so allow them plenty of space. This is not a tree for pool sides or walkways. The deeply-lobed leaves grow up to a foot long and vary by cultivar. A hairy pubescence on their undersides and all of the white sap from green parts of the tree is irritating to human skin.

Figs are actually inside out flower clusters. The inflorescence – or synconia - an arrangement in which flowers and seeds grow together in a single mass is the part we love to eat. There are four basic varieties of fig, some bear all-male flowers and some require pollination by a special wasp.

Most of those we plant need no pollination and produce two crops of fruit a year. The breba crop **develops in spring on the previous year's shoot growth.** The main crop, which develops on the **current year's growth and ripens in summer or**

fall, is usually better in quantity and quality. The 1 to 3 - inch fruit has green skin ripening to purple, yellow, red, black, or brown. When ready to eat, figs are soft, may droop slightly, and will detach easily from the branch. Figs ripen only on the tree and rain will cause the fruit to split. They are delicious fresh, dried, frozen, canned, or in a jam or chutney.

To insure good fruit each successive year, prune trees after the main crop is harvested or summer prune half the tree on alternate years. Fertilize trees in pots. Nitrogen causes rank growth; feed trees in the ground only if they grow less than **one foot in a year. Figs 4 Fun's website is a good source of information.**

**'Mission' figs are the oldest and best-known** in California. They are named for the Spanish friars who brought them from the Balearic Islands and planted them as they traveled northward. The fruit has deep purple skin, a luscious strawberry interior, and superior flavor. **'Black Mission' is a large, dependable tree that does well on the coast or inland.**



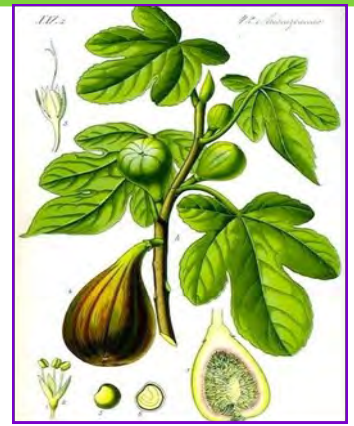
Smaller varieties are better-suited for most **gardens. Specialty growers are collecting 'lost'** heirloom figs from Europe, the Balkans, and Middle East and there are now hundreds for us to choose from. A wonderfully juicy yellow fig in my **garden, known only as 'Uncle Sam's Fig,'** emigrated from Italy as a nameless cutting in a suitcase. Encanto Farms Nursery in San Diego hosts harvest season fig-tastings in August and September so that you can try before you buy.

## FIG FACTS & PREFERENCES:

- **Common name:** Edible Fig
- **Botanical name:** Ficus carica
- **Plant type:** Deciduous shrub or tree
- **Habit:** Shade tree, container plant, espalier
- **Fruit:** Edible, sweet, scrumptious
- **Water:** Moderate, drought tolerant
- **Where:** Full sun to light shade. Hardy to 15 degree
- **Size:** Can reach 30 feet, easily kept smaller
- Tolerates most soils
- **Planting time:** Dormant season
- Fast growth, produces fruit in 3 years
- Loves heat and dry air
- Whitewash tender bark against sunburn in very hot areas
- Water young trees well. Established plants need modest irrigation.
- Withhold water while figs are ripening to avoid splitting or sugar loss.
- Fertilize trees in pots, others lightly
- Prune after harvest for shape and good fruit production
- Fruit attracts birds and nectar loving insects.

Pests: gophers, rabbits, mosaic virus, ants

Propagation: Easily done by rooting hardened shoots



## WHERE TO FIND IT:

Encanto Farms Nursery [Encantofarms@cox.net](mailto:Encantofarms@cox.net)

California Rare Fruit Growers [www.CRFG.org](http://www.CRFG.org)

California Tropical Fruit Trees,

[Collectibles12345@yahoo.com](mailto:Collectibles12345@yahoo.com)

Figs For Fun [www.figs4fun.com](http://www.figs4fun.com)

## RECOMMENDED VARIETIES FOR THE COAST:

Celeste

Condria

Brown Turkey -similar to Mission but smaller sized tree

Excel

Genoa and White Genoa Mission

***It is well worth your time to visit Encanto Farms to taste and ask prior to purchasing one of their hundreds of varieties.***

## GARDEN TOURS & EVENTS



**April 11, San Diego Hort. Society in conjunction with S.D. Floral Assoc. Spring Garden Tour, Gardens Then and Now. Tickets general admission \$30. , members \$25., [www.sdhort.org](http://www.sdhort.org)**

**April 18, Encinitas Garden Festival & Tour, early bird \$25 until April 10th ...\$30. after....these tickets sell out fast. [www.encinitasgardenfestival.org](http://www.encinitasgardenfestival.org)**

**April 24-26 Art Alive, San Diego Museum of Art, Balboa Park, [ARTALIVE@SDMART.ORG](mailto:ARTALIVE@SDMART.ORG)**

**April 25, Fallbrook Garden Tour & Market Place, \$20. In advance or \$25. day of, [www.fallbrookgardenclub.brownpapertickets.com](http://www.fallbrookgardenclub.brownpapertickets.com)**

**April 25, Point Loma Garden Walk, \$25., [www.pointlomagardenwalk.com](http://www.pointlomagardenwalk.com)**

**April 29-30, Expressions in Art & Flowers, Torrey Pines Christian Church**

**Presented by The Village Garden Club of La Jolla Cost \$15-\$20 [www.vgclj.com](http://www.vgclj.com)**

**May 1, Laguna Beach Garden Club Gates and Gardens Walk, \$45., 949-370-7713, [lbgc@cox.net](mailto:lbgc@cox.net), [lagunabeachgardenclub.org](http://lagunabeachgardenclub.org)**

**May 2nd, Clairemont Town Council Garden Tour 10-4pm, \$15. Online in advance, \$12. Seniors, tickets are available after April 1 ...[www.gardentour.clairemontonline.com](http://www.gardentour.clairemontonline.com)**

**May 1-3 Nature's Palette, 18th Annual Sage & Songbirds Garden Tour \$20., [www.chirp.org](http://www.chirp.org)**

**May 8, 9, 10 Balboa Club, Balboa Park, San Diego Floral Association "Garden Party for Century"**

**May 9, Mission Hills Garden Tour, No price currently available, [www.missionhillsgardeclub.org](http://www.missionhillsgardeclub.org)**

**May 16, Secret Garden Tour and Secret Garden Boutique of La Jolla, ...La Jolla Historical Society...9-5:30, self guided tour \$50., members \$40., Platinum Tour includes lunch and bus \$150, members \$140. [www.lajollahistory.org](http://www.lajollahistory.org)**

**Mira Costa Horticulture Club Plant Sale! May 16 9-3pm; May 17 12 noon-3pm at  
4606 Sheridan Rd., Oceanside 92056**

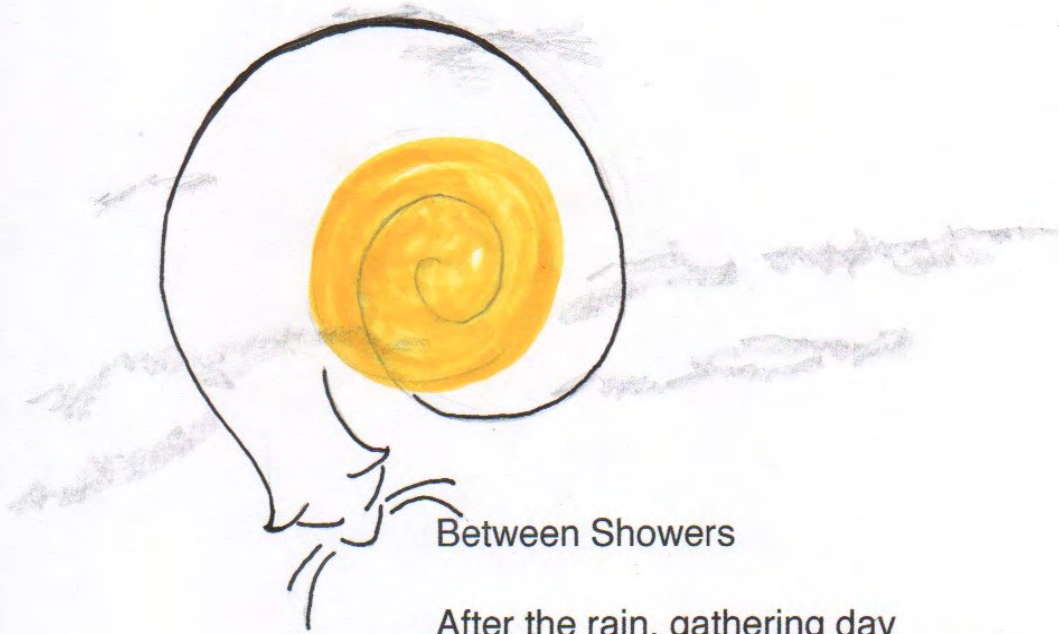
**May, Loma Portal Home and Garden Tour, to be announced**

**May 29, 30, 31, Art In The Garden, Point Loma, perfect garden boutique**

**June 5—July 5 San Diego County Fair, Del Mar Fairgrounds**





***If anyone needs additional information they can contact***


***Carol Vernon at [gardem@roadrunner.com](mailto:gardem@roadrunner.com)***

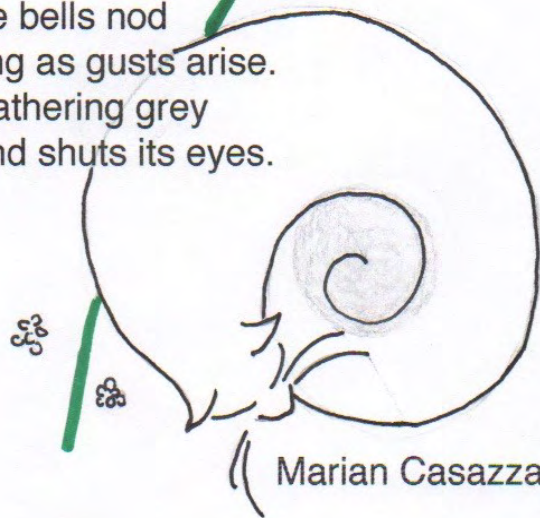


### Between Showers

After the rain, gathering day  
Shakes its head and laughs out loud.  
In the sky the sun wakes  
A curled cat in drifts of cloud.

The earth warms, birds sing   
Tiny flowers herald spring.   
Petals unfurl, butterflies dart   
 Tasting sips of nature's art.

In the fields blue bells nod   
Then sharply ring as gusts arise.  
Against day's gathering grey  
The cat turns and shuts its eyes.



Marian Casazza

## Tapestry Garden on 15th Street

Have you noticed the beautiful array of succulents planted on the median on 15th street?

Our own Linda Teague was the driving force behind getting this work done.

Over 30 years ago when the Del Mar Plaza was built the median and the Golden Rain trees were planted there. Linda, being the astute gardener that she is, noticed the trees were not getting enough water. Working with the city and public works she was able to get the old landscaping removed, new rocks added, plants planted and a new watering system in place. We now have a beautiful tapestry of many different types of succulents. The trees are being watered and it is a sight to behold. It will only get better.



# HAPPY SPRINGTIME! HAPPY EASTER!

## Songs of Spring

A soft breeze tunes its lyre in  
fields and trees

While insects too prepare  
spring symphonies

The notes form silken melody  
that floats

Soaring aloft from myriad  
sylvan throats

Dame Nature with a thousand  
tiny feet

Dances, to her own rhythmic  
swing and beat



IMAGE OF LINDA TEAGUE'S  
EASTER BASKET

*Special thanks to Apple UTC and the trainers at One to One for all of their  
patience and teaching skills.*

*\*-Pat Welsh's "Tree in Powerhouse Park; Del Mar, California  
8x10 oil on canvas © 2011 Pat Welsh [www.patwelsh.com](http://www.patwelsh.com)*

*-Cover: Image of Wisteria & Clivia courtesy of Pat Welsh*

*-Many of the bird and animal drawings are from Gwen Frostic*

*Block Prints, Presscraft Papers, Benzonia, Michigan*

*Contributing editors: Nova, LLK and Mlle. Ernst Calvat*