



*to educate, to engage,  
to beautify,  
and  
to give back*

April 2010

**Board of Directors**

**President**

Scott Borden

**Past President**

Meredith French

**Vice President Membership**

Suzanne Sorger

**Vice President Programs**

Meredith French

**Treasurer**

Carol Moseley

**Secretary**

Carla Buff

**Board Members at Large**

Richard Disraeli ♦ Barbara Strona

**California Garden Clubs**

**Representative**

Nancy Carter ♦ Scott Borden

**Committees**

**Children's Garden Coordinator**

Cheryl Gaidmore

**Coffee in the Garden**

Joyce and Richard Disraeli

**Communications/Publicity Chair**

Kathy Jones

**Community Projects Chair**

Barbara Kocmur

**Crafts Event Chair**

Deborah Quillin

**Garden Walk Chairs**

Meredith French

Kathleen Stoughton

**Green Thumb Award Chairs**

Martha Pehl ♦ Suzanne Sorger

**Historian**

Nancy Carter

**Hospitality**

Pepper Sutton ♦ Debbie Quillin

Donna Turbyfill

**Mission Hills Town Council**

Terri Skwarlo

**Newsletter**

Beverly Fritschner

**Sanitation Bags Chair**

Elaine Huntington

**Special Events**

Elaine Wilson

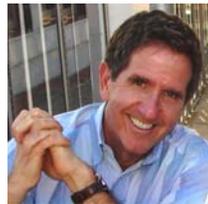
**Ways and Means Chairs**

Kay Harry ♦ Kathleen Stoughton

Elaine Wilson

**Weeding**

Marlen Kisling



**President  
Scott Borden  
Comments**

**All Hands on Deck!**

It's spring and that means Garden Walk time here at the Mission Hills Garden Club. The Garden Walk is our signature event and biggest fundraiser of the year. It has inspired many other garden events around the county, and the proceeds fund the bulk of our projects, scholarships, and good works in the community. To continue our tradition of success, we need all members, family, and friends to participate—we truly need all hands on deck.

The 2010 theme is A Walk to Remember: Kate Sessions and Her Legacy in \_\_\_\_\_ ... Oops, sorry, I can't reveal where the actual walk will be, but co-chairs Meredith French and Kathleen Stoughton assure me the gardens will be grand and truly memorable. This year we will have enhanced food and beverage options and a juried art show. All of the gardens will feature a connection to Kate Sessions, either directly in landscape design or in plant materials used in the garden.

Known as the "Mother of Balboa Park," Kate's left a legacy that can be seen in the array of cypress, pine, oak, pepper, jacaranda, and eucalyptus trees found in and around the park. As owner of a flower shop and a succession of nurseries in Coronado, City (Balboa) Park, Mission Hills, and Pacific Beach, she became a central figure in California and national

horticultural circles with her landscaping, plant introductions, and classes. She published articles in newspapers and in *California Garden*, the publication of the San Diego Floral Association, which she helped found in 1906. Appointed Supervisor of Agriculture and Landscaper for the city schools in 1915, she taught horticulture and botany to the school-children and supervised their school gardens.

Work on the Garden Walk begins a year in advance, and many club members are already selling tickets at the Mission Hills Nursery, identifying plants, placing posters, laying out the guidebook, ordering signs, scheduling docents, and doing the many other jobs big and small it takes to put on this event. If you haven't volunteered, please do so now. You can contact Meredith or Kathleen directly, or send an email to me at MHGCPresident@gmail.com, and we will put you to work.

If you aren't able to volunteer before or during the walk, do plan to participate in the event. The more tickets we sell, the more funds will be available to support our activities, donations, and projects. Make a day of it, starting with coffee and mimosas at home, a nice lunch during the walk, continuing with an afternoon glass of wine at the Mission Hills Nursery to help them celebrate 100 years of operation, and finishing with dinner at one of our great neighborhood restaurants. The Garden Walk is a great event for family and friends, and since it's the day before Mother's Day, it's a wonderful way to spend a day with Mom. Hope to see you there!

## Garden Walk Update

### A Walk to Remember: Kate Sessions and her Legacy in Bankers' Hill

The Garden Walk Committee, chaired by Meredith French and Kathleen Stoughton, is feverishly working to have all plans completed before May 8. We still need help in several areas and would love to see every able-bodied person holding a club membership contribute in some way to making this day a success for us. The revenues raised on this day allow us to continue operating as the well-known garden club we are today: an organization of high visibility in Mission Hills, with an on-going pursuit of public education and beautification. This year we have created a drought-tolerant brochure for distribution at Mission Hills Nursery, replaced a vandalized tree in Presidio Park, created a landscaped curb area at Fort Stockton and Goldfinch, created a book-mark as a reminder to the public of our presence, as well as continuing with our many other projects and endowments. That is why you are so important.

This year the walk is on May 8 from 10 am to 4 pm. While we have enough ticket sellers and docents in the gardens and Beverly Fritschner and Carol Moseley have done a fantastic job raising advertising money to pay for the walk booklet, we still need volunteers to help with other areas of the walk: we need more parking lot guides, food and water area workers, members to help with crowd control, booklet distributors the morning of the walk and so on. Please contact Marien Kissling ([marienmk@cox.net](mailto:marienmk@cox.net)) or Meredith French at ([frenchfoto@cox.net](mailto:frenchfoto@cox.net)) to help us with these few last jobs that are critical to making this day a resounding success.



*A Moment in History*  
By Nancy Carol Carter

*Kate Sessions was called "The Lady of the Christmas Flower" in a 1912 Sunset magazine article. Her fiery red poinsettias fields were a beautiful sight in Mission Hills. She employed fifteen people during the holiday season to harvest and pack up to five thousand cut blooms a day for shipping out by train. Although not mentioned in the Sunset story, other sources report that Kate's brother Frank worked with her in the Mission Hills poinsettia business.*

G  
A  
R  
D  
E  
N

W  
A  
L  
K

MISSION HILLS



GARDEN CLUB

12TH ANNUAL GARDEN WALK

# A WALK TO REMEMBER

MAY 8  
2010  
10AM TO 4PM



ADVANCE TICKETS  
ADULTS \$25  
\$30 DAY OF  
EVENT  
CHILDREN 12 AND  
UNDER FREE

## KATE SESSIONS' LEGACY IN BANKERS' HILL

JURIED ART SHOW & SALE • MUSIC • GOURMET LUNCH AVAILABLE

WINE RECEPTION AT  
MISSION HILLS NURSERY 2-5 PM



TICKETS MAY BE PURCHASED AT Mission Hills Nursery, Walter Anderson's (Pt Loma), Cedros Nursery (Solana Beach), Green (Hillcrest), Urban Seed (Old Town), Armstrong's Nursery (Bay Park)



### Allan Canyon Tour

A  
C  
T  
I  
V  
I  
T  
I  
E  
S

If you can traverse a heavily eroded dirt trail and have no problems with walking up steep grades, then please join us at 9 am on May 2 for a guided tour of Allan Canyon led by *Friends of Mission Hills Canyons* Steve Huemmer. This will be our last chance this season to learn about the diversity of indigenous shrubs and trees as well as native flowers as our weather warms.

Flowers have already faded in some of the south facing canyons, but because Allan Canyon faces north, it has retained more moisture. Steve advises all to wear long pants and sturdy walking shoes.

Allan Canyon is located next to Espresso Mio on Fort Stockton. No RSVP or sign-up is necessary—just show-up. Steve advises blocking out two hours for this outing. If you have any questions, you may call Elaine Wilson at 295-7944 or speak with Steve in person at our next Garden Club meeting on April 28.

#### Projects Committee

Recently our Projects Committee planted a ginkgo tree at the Tommy Getz bench in Presidio Park as part of Arbor Day 2010. This tree replaced a vandalized Bauhinia and becomes the third of three that border the bench. Pictured here are Don Rudesill, Linda Lawley, Barbara Koemur (Projects Committee Chair), and Ranger Parish Rye.



*Photo by Meredith French*

#### Coffee in the Garden

Wonderful transitions between indoor/outdoor rooms greeted guests at our January Coffee in the Garden. The plantings complemented their transitional architecture so well. Many thanks to Flossie and John L'Estrange.



Our February Coffee in the Garden was at the home of Jim Bishop and Scott Borden where members and guests enjoyed the multi-levelled gardens overlooking Mission Valley.



March saw us at the home of Carol and Dennis Wilson, whose home was on a past Garden Walk. Members and friends enjoyed a beautiful morning in their lovely garden.



**Coffee in the Garden**

**April 24**

**10.00 am to 4.00 pm**

**3939 Eagle Street**

## Rose Bowl Parade Floats

Our first field trip of the year took place on January 2 when members of the MHGC joined the Point Loma Garden Club sponsored visit to the Rose Parade floats viewing parked near Pasadena High School. Crystal-clear blue skies with wispy clouds made photo-taking extra special. Crowd favorites were the Chinese entries, the barn stormer, a float honoring organ transplants (photo right) and Cal Poly's animal hair cuts.



### Out in the Garden

*Meredith French*

#### Not All Ice Plants are Alike

Just like the generic term “sunflower,” all ice plants are not alike. Numerous species of ice plant are found in at least nine different genera. These low-growing succulent perennials and a few annuals were once all lumped under the genus *Mesembryanthemum*.

Today this genus only contains annuals that have naturalized along the California coast. Other genera that contain “ice plant” that you may recognize are: *Aptenia*; *Carpobrotus*; *Cephalophyllum*; *Delosperma*; *Drosanthemum*; *Lampranthus*; *Malephora*; and *Dorotheanthus*. All grow best in well-drained soil and are not traffic tolerant. Some are quite invasive.

*Aptenia cordifolium* is the well-known “Red Apple” used on slopes in our area. To look its best, summer irrigation is advised. *Carpobrotus chilensis* and *C. edulis* are the familiar succulent you see invading canyons and taking over freeway slopes. Originally thought to hold slopes, it is now understood that the opposite condition is created due to its weight. *Cephalophyllum* or “Red Spike” ice plant, has bright red blossoms that honey bees adore. Watering should be reduced in the summer. *Delosperma* is a genus of 7 species of generally low height (1/2 to 4”) ground covers. These require regular water in the summer.

*Drosanthemum* is the genus of ice plant whose foliage appears to glisten with ice crystals. *D. floribundum* or Rosea forms a blanket of pale pink or lavender flowers over its surface and is very attractive to bees. It is the BEST ice plant for erosion control and can tolerate poor soils. *Lampranthus* is a genus of 6 species characterized by their bright flowers ranging from yellow through pink to red and purple. This plant should be cut back to get good new growth.

*Malephora* is another genus that is called ice plant. This genus (2 species) is highly resistant to heat, wind, and fire. Flowers are orange to yellow. *Dorotheanthus* is an annual genus sometimes called Livingstone daisy. It flowers in a variety of colors on the same plant and tolerates poor soils.



*Lampranthus*

Armed with your new knowledge of “ice plant,” it is wise to shop carefully when selecting a cover for rock gardens, borders, or slopes.

## Mission Hills Garden Club Meetings

United Church of Christ  
4070 Jackdaw Street  
Fourth Wednesday of Each Month  
Free to Garden Club Members—\$10 for Guests  
6.00 pm social—6.30 meeting

April 24 10-12

**Coffee in the Garden**  
3939 Eagle

Join us to enjoy viewing the lovely garden at a Mission Hills condo.

April 28

**Nancy Carol Carter**

Local expert Nancy Carol Carter will speak on Kate Sessions, the Arts & Crafts movement, and Session's influence on landscape design and plant selection in San Diego gardens.

**This is a wonderful introduction to the upcoming Garden Walk**

**MAY 8**

**MISSION HILLS GARDEN WALK**

May 26

**Debbie Evans**

"Advantages of Natives in Your New Landscape Plans"

Debbie Evans is Marketing Coordinator for Tree of Life Nursery.

She will bring along plants from the nursery for purchase.

June 23

**A Cluck Cluck Here**

Fresh Eggs at Your Doorstep: Keeping Urban Chickens  
Shelly Stewart

You will learn everything necessary to keep your own chickens and enjoy eggs with more protein and flavor and no pesticides. At once humorous and personable, Ms. Stewart will share her knowledge and experiences with these delightful and entertaining creatures.

## San Diego Horticultural Society

Surfside Race Place  
Del Mar Fairgrounds  
[www.sdhortsoc.org](http://www.sdhortsoc.org)

May 10

**Brad Lancaster**  
**Water Harvesting**

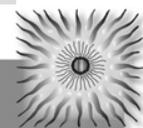
Lancaster shares eight universal principles of water harvesting along with simple strategies that turn water scarcity into water abundance.

July 12

**Debra Baldwin**  
**Author and Photojournalist**

How to creating stunning succulent containers.

M  
E  
E  
T  
I  
N  
G  
S



SAN DIEGO  
HORTICULTURAL  
SOCIETY