



Newsletter

San Juan Capistrano Garden Club

December 2025

President's Message

Happy December to All!

By our Brunch on the 8th, I will have been the club President for not quite a month. I greatly appreciate the support I've gotten already and welcome the involvement of all our members in our program as we start the new year. We have a great schedule of activities for 2026 including a Garden Stroll in May. Please consider opening up your garden, small or large, for your fellow club members to enjoy.

Between the festivities with friends and family this month and the shorter days, I suspect there's not as much attention being paid to gardening this month. However, residing in our temperate climate does mean that gardening never really stops. A couple of things you might want to put on your gardening To-Do list this month are:

- Clean and sharpen your garden tools**
- Check your irrigation system; it's easy to over water with cool temperatures and short days**
- Start pruning dormant plants**
- Don't forget to harvest any winter crops as they are ready**

For me, this is a season of wonderful scents! Take time to appreciate the warmth and variety of aromas: pine, cinnamon, clove, orange, ginger, peppermint, baked cookies, bayberry, cedar... Let the scents bring you warm and cozy memories of holidays present and past.

Shelly Trainor—President

Upcoming Events

December 8 – 10 am—Holiday Brunch—Members ONLY

January 19 – 10 am

**Meeting and Speaker: Shelly Trainor, Master Gardener
*Bees, Butterflies and Other Pollinators***

February 16 – TBA

March 16 – 10 am

**Meeting and Speaker: Issac Novella, OCWR Landfill Site
Administrative Manager—Recyclables & Organics**

Dear Garden Club Members,

Thank you for sending me condolences for the loss of my husband, Jim Weber. He was my friend and partner for 45 years. He was a kind man who whistled and hummed to himself every morning as he got ready for his day. He sparked my interest in hiking in Hawaii and bird watching where ever we went. His passing was peaceful, in his sleep, so I am thankful for that. Thank you to all of you for reminding me how important sending out cards and messages to friends who have suffered a loss!

Best wishes to all of you!

Teress Weber

I was in a gardening club once.
My nickname was "Snapdragon."

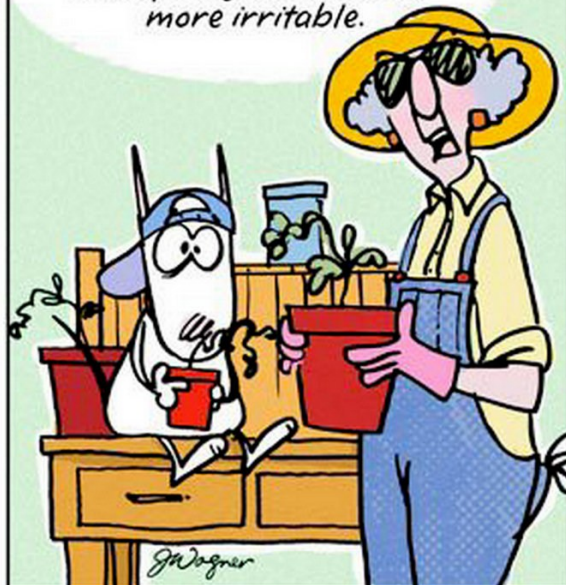


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Crabby Road
Greatest Hits

5-17-10

The only thing I'm growing
this spring is older and
more irritable.



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Maxine.com

I like to help the neighbors
with their garden. I mean,
somebody's got to eat all those
veggies!



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Restoring Butterfly Garden/Monarch Waystation



Have you visited the butterfly gardens lately? Please reach out to Lynn Rollison to join this dedicated group.

We are still meeting the 2nd & 4th Mondays at 9am. The garden had a bountiful spring and summer. It's about time to do some cutting back. And we are starting to think about what we can add to give us fall and winter color. Two of our members have donated beautiful benches and a table, and another donated a sun dial. Come out and join us.

Lynn Rollison



San Juan Capistrano Garden Club

Garden Stroll

Monday, May 11, 2026

Back By Popular Demand

**Consider being a
HOST GARDEN**

Contact Co-chairs:

Lou Heimann or Shelly Trainor

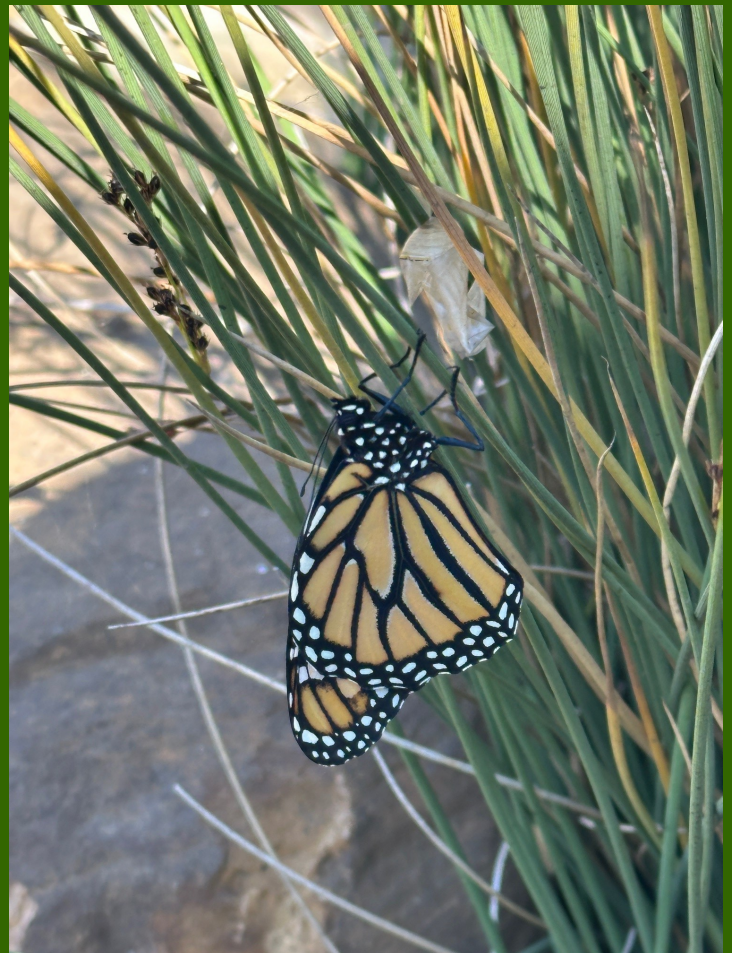


January Speaker—Shelly Trainor

Bees, Butterflies and Other Pollinators



Without pollinators we would not have over 75% of the world's flowering plants, many of which are essential food crops. Pollination is a key element of reproduction for many plants and the reason there is a diverse community of plants and wildlife on our planet. Bees may be the “poster children” for pollination, but other living creatures also have a role. Learn about a variety of pollinators and some of the ways you can provide a pollinator-friendly habitat in your yard.



Check out the latest article from Travel + Leisure magazine, covering our amazing little town. Special congrats, and thanks to Ben Medina for all the amazing coverage, and working with the T+L team to get this great article published.

<https://www.travelandleisure.com/guide-to-san-juan-capistrano-11848416>

This Charming Southern California Town Is Home to the Oldest House in the State



Recipe From Donna Hood



This is the recipe for the Rosemary Butter Cookies that Donna Hood, CGCI District Director, shared with us at the November meeting. Sorry, I didn't take a pic of the actual cookie—I was too busy scarfing it down!

ROSEMARY BUTTER COOKIES

1 cup unsalted butter, softened
¾ cup sugar
1 large egg
1 teaspoon vanilla
2 ½ cups all purpose flour
1 tablespoon finely chopped fresh rosemary
¾ teaspoon salt
½ cup sanding sugar

Mix butter and sugar on medium speed until pale and fluffy, mix in egg and vanilla. Reduce speed to low and mix in flour, rosemary, and salt.

Roll the dough into two 6 inch logs, wrap in plastic wrap and refrigerate until firm.

Preheat the oven to 375 degrees. Unwrap the dough, roll in sanding sugar, and cut into 1/4 inch rounds. Bake for 15 minutes, until the edges are light brown. Makes 3 dozen cookies.

Need The “411” on Garden Club Events????



Check out our website—open 24/7
<https://www.sanjuancapistranogardenclub.com/>
Click on “Newsletters”

Board of Directors

Shelly Trainor - President

Cindy Sorenson—VP Ways & Means

Lou Heimann—VP Membership

Ginny Kerr—VP Programs

Pat Lussier—VP Communication

Maureen Gebelein—Treasurer

Kathy Dixon—Secretary

Sharon Dunn—Advisory Member

Janet Sperber—Advisory Member

Newsletter

Members are welcome to submit print-ready items for publication that would be of general interest to our membership. Submissions are subject to editorial review.

Send to: chateaulussier@msn.com

It Is Time for YOU to be a Part.....

**“I always wondered why somebody doesn't
do something about that.**

Then I realized I was that somebody.” – Lily Tomlin

BE THAT SOMEBODY—MAKE A DIFFERENCE!

WE CAN DO THIS!

Planning for our next year is in process

If you find our events enjoyable/valuable/fun this is your time to become the “somebody” who does something about that! Programs, parties, fun-draisers, garden strolls don't magically happen on their own. Lately, it seems just a small percentage of members are keeping the club running.

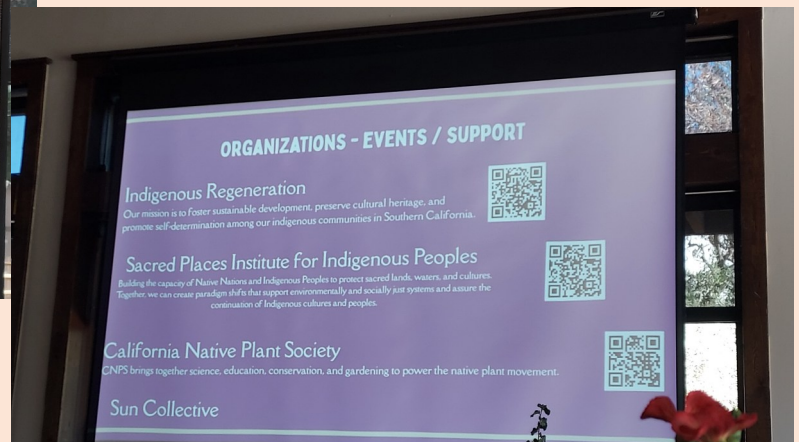
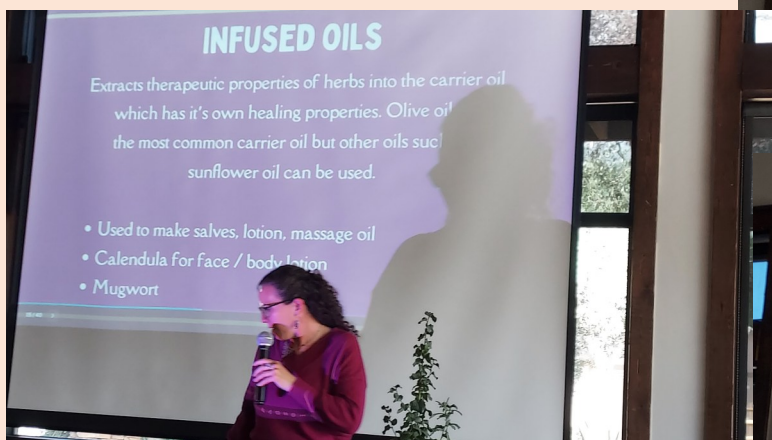
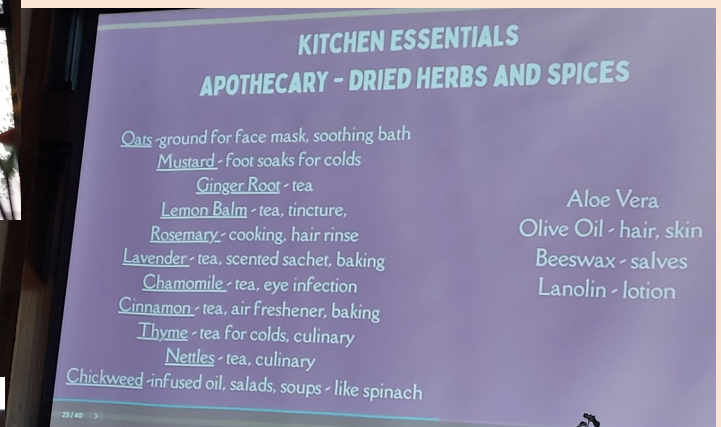
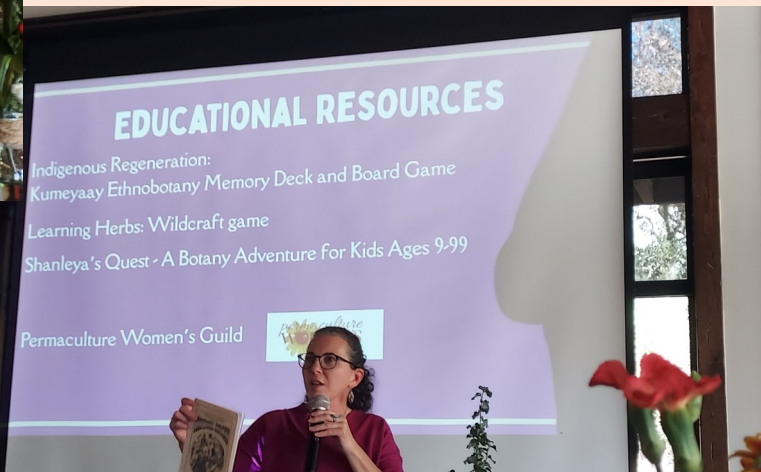
This is not sustainable.

At the November meeting there will be sign-up sheets for committees and chair positions. If everyone waits for SOMEBODY ELSE to step up, several events will be cancelled. Committee chairs and volunteers must be identified far enough in advance to contract with the golf course and to do meaningful planning. If you step up, you will not be on your own—there experienced members, who have done these jobs, who will help you.

Be brave—go for it & help your fellow club members!

Pat Lussier—VP Communications

November Speaker—Rachael Davidson



Sweet Stem Senders

Decorating pumpkins for Atria



More Sweet Stem Senders

Kathy made her pilgrim costume. Peggy had a gobbling turkey toy to keep us laughing.



Thanks to Kathy Rowley for
all these great pics



HOMEGROWN NATIONAL PARK®

<https://homegrownnationalpark.org/about-us/>



Last winter, Liz Myers-Chamberlin gathered her neighbors, a stack of recycled jugs, and native seeds for a [Winter Sowing Party](#). Not only was it a joyful way to connect, but everyone went home with native plants for a fraction of what they would cost at a nursery.

We're sharing her story, plus a simple how-to so you can try winter sowing yourself or host a gathering in your own community. It's one of the most **affordable and beginner-friendly** ways to start or expand a native garden—no grow lights, no special equipment, and no big budget required.

https://homegrownnationalpark.org/winter-sowing-budget-friendly-way-to-start-your-native-garden/?utm_source=Start+a+new+HABITAT&utm_campaign=1d564be33c-EMAIL_CAMPAIGN_2023_11_06_03_46_COPY_01&utm_medium=email&utm_term=0-f7088a1207-1421129464&mc_cid=1d564be33c&mc_eid=261694463c

Download the Winter Sowing Party Guide

https://hnp-event-materials.s3.us-east-1.amazonaws.com/Programs+and+Opportunities/Winter+Seed+Sowing+Party+Guide.pdf?utm_source=Start+a+new+HABITAT&utm_campaign=1d564be33c-EMAIL_CAMPAIGN_2023_11_06_03_46_COPY_01&utm_medium=email&utm_term=0-f7088a1207-1421129464&mc_cid=1d564be33c&mc_eid=261694463c

Garden Radio Show

"In The Garden" *Radio Show*

Presented by

**UC Master Gardeners
of Orange County**

Every Thursday Morning
8:30 - 9:30am

Airs on KUCI (88.9 FM)

Gardening Happenings

Master Gardener's Expo

April 2026

Murray Senior Center, Mission Viejo

San Clemente Garden Club

Garden Fest—Plant Sale and More

April 2026

Lake Forest Garden Club

Saturday before Mother's Day

Southern California Spring
Garden Show—South Coast Plaza

The OC District for CGCI will participate in the South Coast Plaza Garden Show Thursday-Sunday, April 23- 26, 2026.

If you are aware of neighboring Garden Club events that may be of interest to our membership, please send print-ready copy to: chateaulussier@msn.com

LEARNING LIBRARY



Here are some fun facts about holiday plants . For example, have you ever wondered how poinsettias, a tropical plant, became such an important symbol of the winter holidays?



https://garden.org/learn/regional/view/3327/?utm_source=nl&utm_medium=mail&utm_campaign=nl 2025-12-06

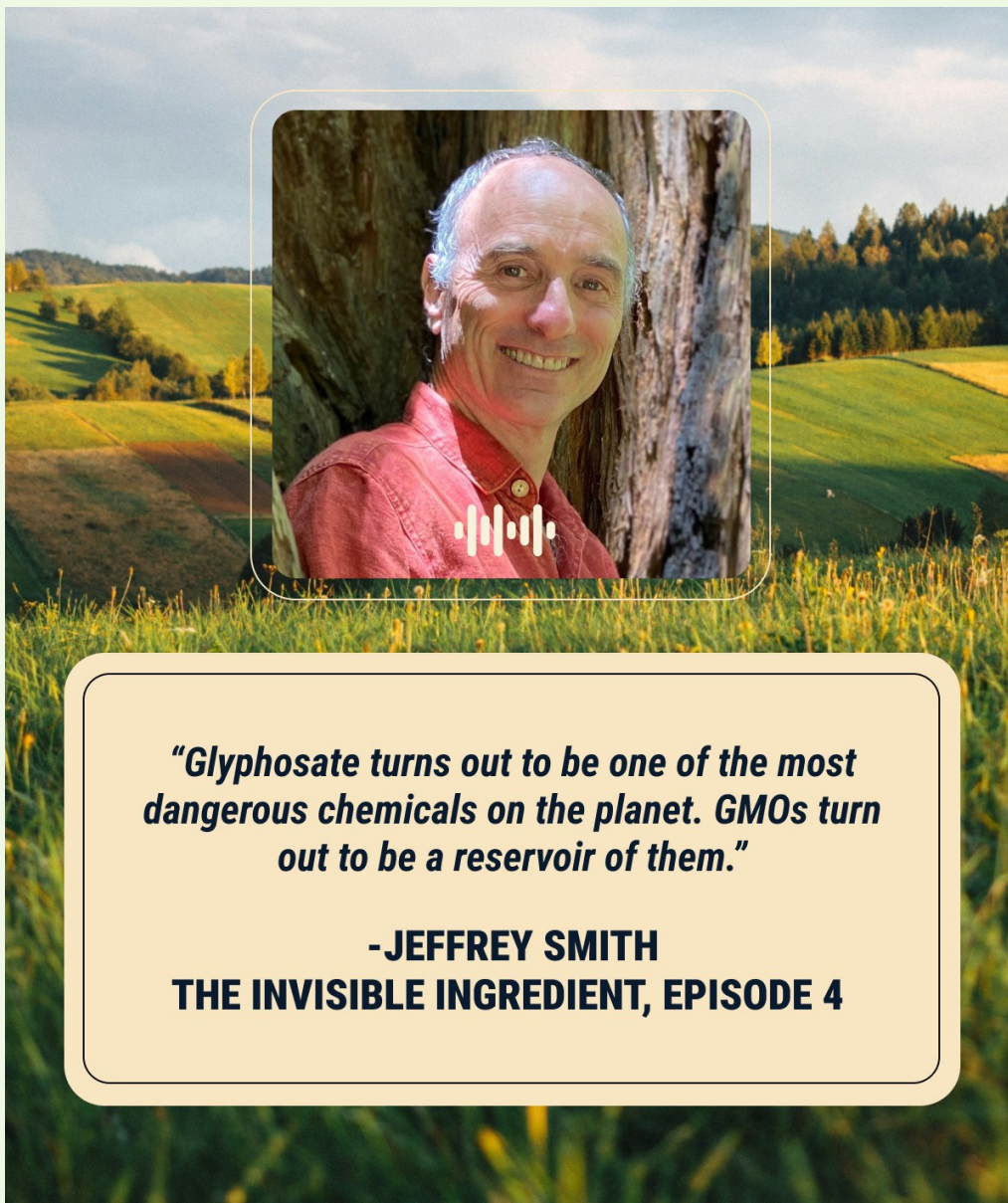


Seed of Control

Glyphosate and GMOs with Jeffrey Smith

In this episode of The Invisible Ingredient, food-system expert Jeffrey Smith uncovers the intricate link between genetically modified crops and the explosive rise in glyphosate use—revealing how regulatory loopholes and marketing tactics accelerated their adoption and what it means for our health and environment. This conversation invites listeners to question the system and imagine a healthier, more sustainable path forward.

https://theinvisibleingredient.org/ep4-seeds-of-control-glyphosate-and-gmos-with-jeffrey-smith/?utm_source=Klaviyo&utm_medium=email&kx=-lUs5tediOLezDTwN8eOt87JrIESPcmv7S06J_d0RW4.WAttvh



"Glyphosate turns out to be one of the most dangerous chemicals on the planet. GMOs turn out to be a reservoir of them."

**-JEFFREY SMITH
THE INVISIBLE INGREDIENT, EPISODE 4**

Importance of Plants

We obtain 60% of our calories from three plant sources.

30,000 plant species are used as medicine, most still wild-harvested.

Plants clean air, water, and soil.

A quarter of plant biomass hides underground, storing carbon.

40% of wild plant species are at risk, and hundreds more have become extinct.

Protecting plants isn't optional, they are the foundation of life itself.

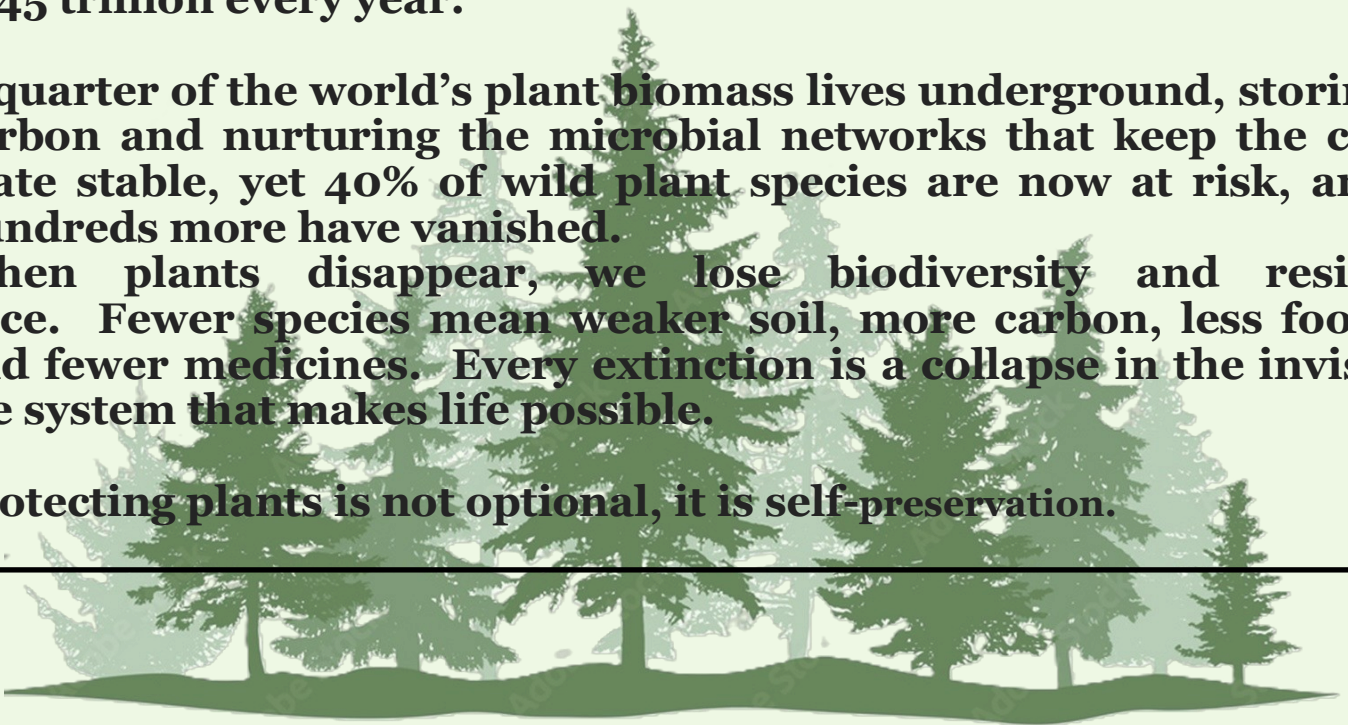
Everything you eat, breathe, and touch begins with plants. Out of the 30,000 plants used in medicine, most are wild harvested, not cultivated, leaving them vulnerable to extinction.

According to the UN Food & Agriculture Organization, over 60% of the world's calories come from 3 crops, rice, wheat and corn. But plants don't just feed us. They run the planet's life support systems. Forest filters the air we breathe, and the water we drink. Grasslands prevent erosion. Wetlands absorb toxins. The United Nations estimates these ecosystems services are worth \$145 trillion every year.

A quarter of the world's plant biomass lives underground, storing carbon and nurturing the microbial networks that keep the climate stable, yet 40% of wild plant species are now at risk, and hundreds more have vanished.

When plants disappear, we lose biodiversity and resilience. Fewer species mean weaker soil, more carbon, less food, and fewer medicines. Every extinction is a collapse in the invisible system that makes life possible.

Protecting plants is not optional, it is self-preservation.



A Winter Vegetable Garden

In the coastal West, a winter vegetable garden is not only possible, but ridiculously easy. Yet, in the community garden, many plots go unplanted during the winter, as if they were soon to be covered with a blanket of snow. What a missed opportunity! Compared to the summer garden, a winter vegetable garden is a snap.

Leafy greens like spinach, all sorts of [lettuce](#), and [kale](#), as well as cruciferous vegetables like broccoli and cauliflower, will produce for you all winter and well into the spring. You can usually get all of these plants to continue growing all the way up to the point where you plant your summer vegetables.

Vegetables You Can Grow in SoCal in the Fall and Winter



Gardening Resources

Harmony in the Garden

<https://harmonyinthegarden.com/>

Blogs, tips, photos—Check out the issue:

Garden Ideas from Garden Tours: Takeaways, Tips, and Inspiration

Garden Design

<https://Gardendesign.com>

English, Japanese, Mediterranean, Tropical, Eco-friendly

LEARN ABOUT BUTTERFLY GARDENING

<https://naba.org/butterfly-gardens/>

Laguna Hills Nursery

Free gardening classes

<http://www.lagunahillsnursery.com/Classes.html>

Perhaps the most important lesson I learned when I began gardening in California and wanted success with certain perennials, trees, shrubs, and annuals, was the information on soil from Gary Matsuoka. Fortunately he is still teaching the concepts below. It is worth a trip to his Saturday classes at his nursery! The Soil Class is held several times a year.

Mozelle

Check out their extensive YouTube Content including:

Compost is NOT Good Soil:

<https://www.youtube.com/c/GarysBestGardening>

Paper Garden Workshop

<https://www.papergardenworkshop.com/>

Garden Design and Landscape Graphics in a FUN way



And More Gardening Resources



Did you know OCCNPS has an online archive? Search for "Fall Color" and find helpful resources from past newsletters like "[Fall Blooming Plants](https://chapters.cnps.org/oc/2018/10/29/summer-and-fall-blooming-favorites/)" and "[Plants for Fall Color](https://chapters.cnps.org/oc/2018/10/28/plants-for-fall-color/)." Use the search feature to find exactly what you are looking for!

<https://chapters.cnps.org/oc/2018/10/29/summer-and-fall-blooming-favorites/>
<https://chapters.cnps.org/oc/2018/10/28/plants-for-fall-color/>

"Visit SJC" SJC Chamber of Commerce

Sign up for their newsletter for events/happening in and around SJC

<https://www.sanjuanchamber.com/>

SJC Garden Club is a proud member of the SJC Chamber of Commerce

Orange County Bird of Prey Center

<https://www.ocbpc.org/>

Sponsor a bird for release—how cool is that!

Knowable Magazine

A nonprofit publisher dedicated to synthesizing and integrating knowledge for the progress of science and the benefit of society

<https://knowablemagazine.org/>

Voice of OC

A nonprofit, reader-funded newsroom

<https://voiceofoc.org/about/>

California Native Horticulture Foundation.

calnativehort.org

O C Library—Seed Library Program

Availability: At specific branches, including Brea, Costa Mesa, El Toro, San Juan Capistrano, San Clemente, and Westminster.

How it Works: Adult patrons can borrow a limited number of seed varieties per month.

Purpose: To promote sustainable living, community gardening, and reduce reliance on industrial agriculture.

And Even More Gardening Resources



City Farmer's Nursery

<https://www.cityfarmersnursery.com/>

A Little Bit of the Country in the Heart of the City

Online database of bluebird trails in
OC & surrounding areas

<http://tiny.cc/SCBC-database>



Southern California
Bluebird Club

plant depot

NURSERY & GIFT

plantdepot.com

Sign up for their monthly newsletter
Seasonal plant ideas, garden/soil/fertilizer guides

Santa Margarita Water District

<https://www.smwd.com/>

Lots of free classes , events and tours—gardening, landscape design,
water saving, irrigation, trips to local water storage & water treatment

UC Agriculture and Natural Resources (UCANR)

<https://ucanr.edu/>

Loads of articles on all aspects of gardening

California Native Plant Society

<https://www.cnps.org/>

All about CA native plants

Calscape

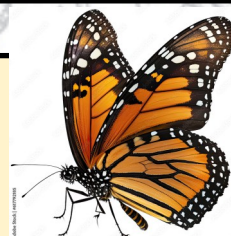
<https://calscape.org/>

Spectacular resource for finding, identifying and caring for native plants
from CA Native Plant Society

Monarch Watch

<https://monarchwatch.org/>

All things about Monarch Butterflies



Humans Eat Only 200 Types of Plants

Scientists estimate that there are about [400,000 different species of plants](https://bestlifeonline.com/facts-about-natures-wonders/) on Earth. It's much harder to estimate how many of them are edible, but figures range from 80,000 to a whopping 300,000.

But, in all the cultures across the world combined, we eat only 200 of those edible plants. Amazingly, about 50 percent of the plant calories we do eat come from just three species: rice, wheat, and maize (corn).

<https://bestlifeonline.com/facts-about-natures-wonders/>

