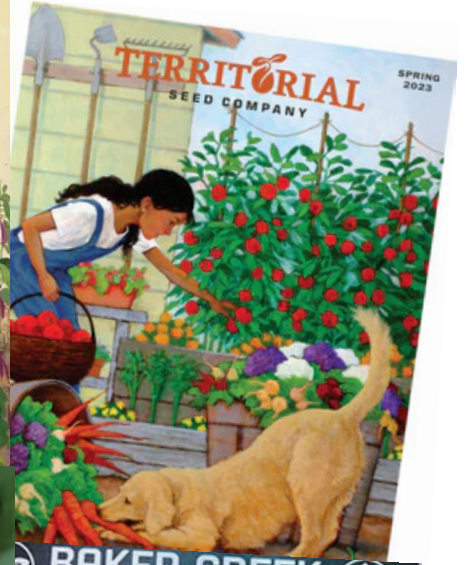


# The Sprout

## Happy New Year - 2023

### The Seed Catalogs Are Hitting Our Mailboxes!



# Ever Wonder What It means When You See 'AAS Winner' On A Plant's Tag, Or Mentioned On A Seed Packet?

## It Means: All-American Selection Winner ... That's A Good Thing!

**AAS WINNERS** are flowers and vegetables that have been "Tested Nationally & Proven Locally.™" Each AAS entry is tested for superior garden performance by horticulture professionals across North America.

### **AAS IS THE ONLY NATIONAL, NON-PROFIT PLANT TRIALING ORGANIZATION IN NORTH AMERICA**

All-America Selections is an independent non-profit organization that tests new, never-before-sold varieties for the home gardener. After a full season of anonymous trialing by volunteer horticulture professionals, only the top garden performers are given the AAS Winner award designation for their superior performance.

**THEIR MISSION STATEMENT:** "To promote new garden varieties with superior garden performance judged in impartial trials in North America."

#### **Purpose**

To test new, unsold cultivars  
To inform gardeners about the AAS Winners  
To earn gardeners' trust in the AAS Winners

#### **Tagline**

"Tested Nationally & Proven Locally™"

#### **History**

Before AAS, in the 1920's and 30's, consumer magazine editors knew little about new garden varieties and had few resources to obtain reliable information. As a result, articles were sometimes misleading or incorrect. The "Garden Club" movement was in its infancy and needed material. Home garden, farm seed and florist magazines all were hungry for garden news.

In 1932, W. Ray Hastings was president of the Southern Seedsmen's Association of Atlanta, Georgia. He proposed the idea of All-America Selections as a way for home gardeners to learn which new varieties are truly improved. To do so, he encouraged all seed companies to set up trial grounds, cooperatively test new varieties and agree to develop marketing efforts for new vegetables and flowers. Mr. Hastings recommended a national network of trial grounds throughout North American climates where flower and vegetable varieties would be grown and assessed by skilled, impartial judges. The seed trials would accept only new, previously unsold varieties.

AAS was founded in 1932 and the first AAS Winners were announced a year later, after the results were tabulated from the first trial. AAS Winners have been introduced each year since 1933. In 1934, there were 30 AAS Award Winning new varieties introduced, a record number.

#### **How many judges participate in the AAS Trials?**

The number of Judges and sites may vary by year, but the trials are always conducted in approximately 80 trial sites throughout the United States and Canada.

#### **Who are the Judges?**

AAS Judges are professional horticulturists who volunteer their time to evaluate all entries next to comparisons. Universities, public gardens, breeding companies, growers, brokers, extension agents and retailers are current and potential judging sites.



<https://all-americanselections.org/about/>

# The 2022 Vegetable AAS Winners Are:



**Eggplant Icicle F1**



**Lettuce Bauer**



**Pepper Buffy F1**



**Pepper Dragonfly F1**



**Pepper Quickfire F1**



**Tomato Pink Delicious**



**Tomato Purple Zebra F1**



**Tomato Sunset Torch F1**



**Watermelon Century Star**

# Member Spotlight

By Paul Gavaza

This newsletter spotlights Luis A. Aguirre, a resident of Yucaipa, California. He has been a Calimesa Community gardener since 2015. He initially took up one plot against his wife, Sandra, who was initially against the idea of having a plot. However, after a few visits to the garden, Sandra suggested that they get another plot so that they could grow more plants. Now they manage two plots. Luis and Sandra enjoy gardening which Luis considers therapeutic. Luis said, "We enjoy gardening because it gives us something that we can do as a team and we enjoy each other's company when we are working in the garden."

Luis and Sandra are determined gardeners whose love for gardening shines through their work. Luis and Sandra have enjoyed considerable success in their gardening over the years. The Aguirres love to grow a variety of vegetables and crops such as zucchini, cabbage, lettuce, tomatoes, and others. At the time of the interview, they were growing sunflowers, basil, cilantro, tomatoes, black mint (used in Peruvian cooking), zucchini, yellow and Mexican squash, potatoes, carrots, strawberries, blackberries, raspberries, celery, onion, fava beans, radish, Peruvian pepper, and had artichokes in their two plots.

Luis offered some words of advice to new and aspiring gardeners: "Don't get discouraged too soon, with time you will master the art of gardening." Luis wanted to inform fellow gardeners, "I will gladly show anyone how to set gopher traps. I have caught a few and feel confident in my ability to catch them." Luis considers himself a gopher king.

Luis is an Emergency Medical Technician on a 911 ambulance. He loves camping, fishing, and riding their quads in the desert. Luis and Sandra both have 2 children each from previous relationships. No children together with exception of their four-legged kids who travel with them on many camping trips.



## Cultivating Facts on Beets

- ☛ While red is the iconic color of beets, the root vegetable actually comes in a variety of colors, including yellow, "candy cane" (red and white striped on the inside), and all white .
- ☛ In 1975, Soviet cosmonauts gave American astronauts borscht, or beet soup, as a symbol of camaraderie. They jokingly pasted vodka labels over the tubes of pink soup.
- ☛ Nightly scalp massages with cooled water left over from boiling beets can help treat dandruff.
- ☛ Ancient Assyrian texts reveal that beets grew in the legendary Hanging Gardens of Babylon in 800 BC.
- ☛ In Australia, pickled beets are often put on hamburgers.
- ☛ A type of beet known as the sugar beet is the source of around half of the world's refined sugar. Sugar beets contain 20% sugar compared to 8% sugar in red beets .
- ☛ Beets can be made into wine that tastes like port.
- ☛ In 19th century Victorian England, women used beet juice to add a "red" shine to their hair.
- ☛ The ancestor of the cultivated beet is the wild sea beet, which grew in Africa, the Middle East, and Europe. Their leaves have been eaten since prehistoric times.



**What did the carrot say to the wheat?**

**Lettuce rest, I am beet.**

**Shel Silverstein**



## Roasted Beets

Level: Easy Prep: 15 min Cook: 40 min

Recipe courtesy of Ina Garten and the Food Network

### Ingredients

- 12 beets
- 3 tablespoons good olive oil
- 1/2 teaspoons fresh thyme leaves, minced
- 2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 2 tablespoons raspberry vinegar
- Juice of 1 large orange

### Directions

1. Preheat the oven to 400 degrees.
2. Remove the tops and the roots of the beets and peel each one with a vegetable peeler. Cut the beets in 1 1/2-inch chunks. (Small beets can be halved, medium ones cut in quarters, and large beets cut in eighths.)
3. Place the cut beets on a baking sheet and toss with the olive oil, thyme leaves, salt, and pepper. Roast for 35 to 40 minutes, turning once or twice with a spatula, until the beets are tender. Remove from the oven and immediately toss with the vinegar and orange juice. Sprinkle with salt and pepper and serve warm.

## Beet and Cabbage Salad

Level: Easy Total: 20 min

Recipe courtesy of the Food Network

Grated beets and thinly sliced cabbage are tossed with a sweet and sour caraway vinaigrette.

### Ingredients

- 8 ounces beets, peeled
- 1/4 small red cabbage, thinly sliced (about 2 cups)
- 1 teaspoon caraway seeds
- 2 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 1/4 teaspoon sugar
- Kosher salt and freshly ground black pepper
- 2 tablespoons 1/2-inch long chopped chives

### Directions

1. Grate the beets on the large holes of a box grater into a large bowl. Add the cabbage and set aside.
2. Heat the caraway seeds in a small skillet over medium heat, swirling, until toasted and fragrant, 1 to 2 minutes. Add the oil, vinegar and sugar and stir until the sugar melts. Pour over the beet mixture. Season with salt and pepper. Sprinkle the chives over top.



## Harvard Beets Recipe from Taste of Home

Pretty side dish that is bright with citrusy flavors

### Ingredients

- (16 ounces) sliced cooked beets
- 1/4 cup sugar
- 1-1/2 teaspoons cornstarch
- 2 tablespoons vinegar
- 2 tablespoons orange juice
- 1 tablespoon grated orange zest

### Directions

Drain beets, reserving 2 tablespoons juice; set beets and juice aside. In a saucepan, combine sugar and cornstarch. Add vinegar, orange juice and beet juice; bring to a boil. Reduce heat and simmer for 3-4 minutes or until thickened. Add beets and orange zest; heat through.

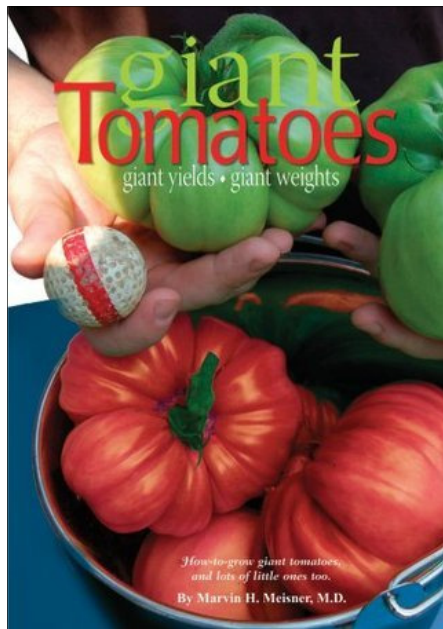
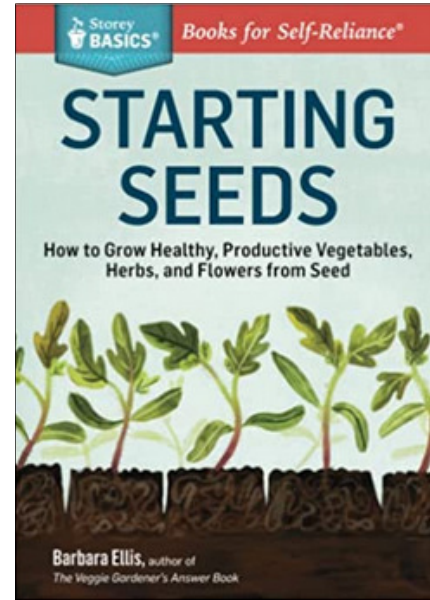


# A Gardener's Bookshelf



A good gardening library can be one of your best tools.  
This space is for sharing books to consider on gardening and plants.

Growing plants from seeds isn't difficult; it just takes a little know-how. Now, gardeners of any experience level can get a jump on the growing season with this concise, straightforward guide. Expert gardener Barbara Ellis provides the basic information that you need and teaches you foolproof starting techniques for a variety of vegetables, herbs, and flowers.



By Marvin H. Meisner, MD. In this book you learn how to grow tomatoes for their size and yields. While some techniques are the same in growing your garden tomatoes this book will show you how to maximize your common eating tomato into a huge fair winning prize! It tells about Minnie Zaccaria, a New Jersey winner in the giant tomato category with her 6.16 lb prize who also developed Big Zac, a hybrid tomato that most serious giant tomato growers plant each year or Gordon Grahams 7.75 lb prize tomato. This book will help you through selecting your seeds, preparing the soil, timing, protecting, pruning, how to store your big tomato, problems, saving seeds, common growing mistakes and some basic recipes. This has great color photos throughout the book showing prize winning tomatoes and how to grow them.



Located at:  
371 W. Avenue L  
Calimesa, CA 92320

Visit us online at:  
[www.calimesacommunitygarden.org](http://www.calimesacommunitygarden.org)

### CCG Board of Directors

President ..... Seth Wiafe  
Vice-President ..... Angie Cloud  
Secretary ..... Debra Grzeskowiak  
Treasurer ..... Prajna Faux  
Director at Large ..... Willie Hill  
Membership Chair ..... Sharon Miller



## Garden Pests In Winter

**Avoid planting like vegetables in the same area.**

**For Example: members of the Brassicaceae family —  
broccoli, cabbages, cauliflower and brussel sprouts.**

**Instead of creating a buffet in one corner, plant in separate areas.**

## CCG Membership Renewals

**Start January 16th**

**Please note—that due to increased operating costs for the CCG,  
there will be an increase in plot rental fees this year.**

### Don't Forget To Renew

Membership fees are due each January 16th and are delinquent after February 1st. Any member who has not paid dues by midnight February 1st, one notice of failure having been given, has forfeited membership.



## IF YOU FIND A WATER LEAK — PLEASE DO THIS!!

### CALIMESA COMMUNITY GARDEN — EMERGENCY WATER SHUT-OFF

#### IF MAJOR LEAK

- ▶▶▶ Find the key in the front shed to unlock the valve cover outside the front gate.
- ▶▶▶ There are TWO VALVES, turn the one closest to the fence—clock wise. This shuts off all water to the garden.
- ▶▶▶ Notify a board member immediately.....Be sure you make contact.

**Seth Wiafe: 909-855-1217**

**Angie Cloud: 909-556-2856**

**Debra Grzeskowiak: 909-917-5552**

**THESE NUMBERS ARE POSTED ON THE SHED.**



**PLANTING CALENDAR—with notes**

- ⇒ This calendar is for use as a general guideline.
- ⇒ Even the various garden books do not agree on all their recommended planting times.
- ⇒ Bear in mind, are you planting an early bearing variety or a late one? Timing of planting and particular varieties are important factors, as well as, consider if you are planting seeds, seedlings, or bareroot.
- ⇒ Even whether it is the first half or the second half of a given month can make a difference.

**January**

Asparagus, Asian Greens, Beets, Broccoli, Cabbage, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Short Day Onions, Parsley, Peas, Potatoes, Radishes, Rhubarb, Rutabagas, Spinach, Turnips

**February**

Asparagus, Asian Greens, Beets, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Fava Bean, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Short Day Onions, Parsley, Peas, Potatoes, Radishes, Rhubarb, Rutabaga, Spinach, Strawberries, Turnips

**March**

Artichoke, Asparagus, Asian Greens, Beets, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Fava Bean, Herbs, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Short Day Onions, Parsley, Peas, Potatoes, Radishes, Rutabagas, Spinach, Strawberries, Turnips

**April**

Beans - bush & pole, Beets, Carrots, Corn, Cucumbers, Eggplant, Fava Bean, Herbs, Lima Beans, Leeks, Lettuce, Melons, Okra, Onions, Parsley, Peas, Peppers, Potatoes, Radishes, Short Day Onions, Squashes, Strawberries, Swiss Chard, Tomatoes, Turnips

**May**

Beans - bush & pole, Beets, Carrots, Corn, Cucumbers, Eggplant, Herbs, Lima Beans, Leeks, Lettuce, Melons, Okra, Onions, Parsley, Peas, Peppers, Pumpkins, Radishes, Short Day Onions, Squashes, Swiss Chard, Tomatoes, Turnips

**June**

Beans - bush & pole, Beets, Carrots, Corn, Cucumbers, Eggplant, Herbs, Lima Beans, Leeks, Melons, Okra, Peppers, Pumpkins, Squashes, Tomatoes, Turnips

**July**

Beans - bush & pole, Beets, Carrots, Corn, Cucumbers, Eggplant, Melons, Peppers, Squashes, Tomatoes

**August**

Asian Greens, Beans - bush type, Broccoli, Brussels Sprouts, Cabbage, Cucumber, Kale, Leeks, Onions, Shallots, Summer Squash

**September**

Asian Greens, Brussels Sprouts, Carrots, Cauliflower, Fennel, Garlic, Kale, Leeks, Lettuce, Onion sets, Peas, Potatoes, Radishes, Rutabagas, Spinach, Squashes, Swiss Chard, Rutabagas, Turnips

**October**

Asparagus, Asian Greens, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Fava Bean, Fennel, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Onion sets, Short Day Onions, Parsley, Parsnips, Peas, Potatoes, Radishes, Rutabagas, Spinach, Swiss Chard, Turnips

**November**

Asparagus, Asian Greens, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Fava Bean, Fennel, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Short Day Onions, Parsley, Parsnips, Peas, Potatoes, Radishes, Strawberries, Rhubarb, Rutabagas, Turnips

**December**

Asparagus, Asian Greens, Beets, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Short Day Onions, Parsley, Peas, Potatoes, Radishes, Rhubarb, Rutabagas, Spinach, Strawberries, Turnips

