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From the President Time to Move Indoors

I have learned so many important facts and methods since becoming a member of Valley Gardeners! One of the most surprising and imperative and difficult for me (I'm a bit of a clean freak) was NOT to tidy (deep clean) my garden in the fall. So now I just cut down and leave all those stems, dried leaves, and other messy debris on the ground as protection for the beneficial bugs and organisms that nestle underneath all winter.

So now what to do with my need to garden??? Move to a much smaller and less demanding indoor garden. We all know the aesthetics of having indoor plants and, of course, plants can increase the humidity in your home which can be helpful to your respiratory health. But also, according to NASA, certain air purifying plants help detoxify the air we breathe indoors and boost our moods. Certain varieties of plants are so efficient at absorbing contaminants in the air that they will be launched into space as part of the biological life support system aboard future orbiting space stations. Listed are some of NASA's favorites for removing such nasties as formaldehyde, benzene, xylene, toluene, and nitrogen oxides. An added benefit is that these plants are LOW MAINTENANCE!!

Dr. Bill Wolverton, formerly a senior research scientist at NASA's John C. Stennis Space Center said "We feel that future results will provide an even stronger argument that common indoor landscaping plants can be a very effective part of a system used to provide pollution free homes and work places."

Annie Runyan Worley



Recommended Indoor Plants

Thrives in indirect sunlight and tolerates a range of temperatures

1. Spider Plant (Chlorophytum comosum)

Low-maintenance, tolerates low light, and infrequent watering.

1. Snake Plant (Sansevieria trifasciata)
2. Aloe Vera (Aloe barbadensis miller)
3. Golden Pothos (Epipremnum aureum)
4. Chinese Evergreen (Aglaonema)

Prefers indirect or moderate light and regular watering

1. Peace Lily (Spathiphyllum)
2. Boston Fern (Nephrolepis exaltata)
3. English Ivy (Hedera helix)
4. Rubber Plant (Ficus elastica)
5. Bamboo Palm (Chamaedorea seifrizii)
6. Dracaena (Dracaena spp.)
7. Areca Palm (Dypsis lutescens)
8. Philodendron (Philodendron)
9. Weeping Fig (Ficus benjamina) spp.)

Needs bright light and well-drained soil. Known for removing benzene and trichloroethylene.

1. Gerbera Daisy (Gerbera jamesonii)



Above: Split Leaf Philodendron.

Snake Plant (Sansevieria)

Left: Spider Plant (Chlorophytum)
Photos by Deb McCanne.

Program Organizers Needed

Your Garden Club needs you! Program chairs Linda Hollomon and Susan Arenella are retiring from their roles as co-chairs of programs at the end of their term in February. The club needs members to step up to plan and organize the meetings—the most important leadership role in the club. If you are able to take a turn on the program committee, please contact Linda (Rumbai125@yahoo.com or 605-389-0272) or Susan (susanarenella@comcast.net) or 970-948-1667 to learn more.



A Garden Party



Guests gather on Lisa's spacious deck.

Lisa's lawn is bordered by luxuriant gardens. Photos by Deb McCanne.

On August 12, a beautiful summer day, 22 Valley Gardeners gathered for a garden party at Lisa Singer's spacious home and grounds to learn about fall gardening chores. They were greeted with mojitos by **Katherine Reppa**. Ice tea and water were also served.

Preparing the Garden for Fall

Dani Wesolowski, Natural Resources Garfield County Extension Specialist, was a fountain of knowledge and ideas about how to prepare our gardens for fall. Dani recommends cleaning up the garden in the fall rather than waiting for spring. A neat garden looks better, but more importantly, garden debris hosts pests and disease. Remove dead and diseased plant material; dispose of diseased material, but compost the healthy material. Add compost to improve the soil, and adding two to four inches of mulch will help insulate the soil, retain water, and retard weed growth in the spring. A cleared garden will warm up faster in spring.

However, she cautioned that "timing is everything." 50 % of pollinator butterflies and bees need the plants for shelter and food until the first freeze when they go dormant in the winter. Leave some perennials standing to provide shelter for dormant insects and wildlife as well as to provide winter interest in the garden. Add two to four inches of mulch to gardens and trees. *(Continued on page 3.)*



Above right: Dani Wesolowski refers to a pamphlet on fall gardening.

Guests listen to Dani's presentation. Photos by Deb McCanne.

Above: Guests enjoy the meeting on Lisa's porch. Photo by Meg Ribotto.

Tips from Dani

- *Clean and sharpen tools in the fall with isopropyl alcohol and apply a lubricant.
- *Contact the local extension service to schedule soil and water testing.
- *Contact the Palisade Insectory to schedule insect pickups for spring. The insectory provides beneficial insects that attack the harmful ones.
- *Plan for next spring's garden.

(Preparing the Garden for Fall continued.)

For vegetables, Dani suggested planting a cover crop such as winter rye or oats to add nutrients to the soil. Trees and shrubs can have limited pruning and light fertilizer. Save the more drastic pruning and heavier fertilization for spring. The ideal way to protect trees from sun scald and pests is to paint the trunks with diluted white latex paint. However, tree wrap in winter can also be effective.

Wildfire Mitigation

While the main focus of Dani Wesolowski's presentation was on fall gardening, she ended her presentation with some tips on wildfire risk mitigation. Under current drought conditions, wildfires are of increasing concern in our area. Dani spoke about defensible zones around a house including decks and patios. Fire can spread through direct contact or by embers blown into an area.

County extension agents and local fire departments will conduct free inspections of a home and provide recommendations to increase fire safety. For more information go to csfs.colostate.edu/wildfire-mitigation.

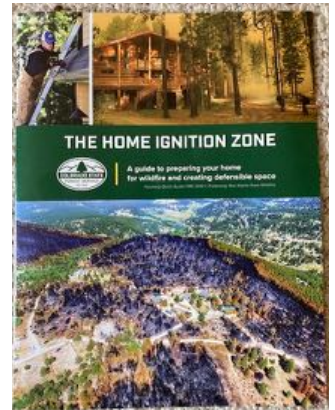
Following Dani's presentation, the hospitality committee served a delicious lunch featuring six types of Panini sandwiches from Granetta Pannini in Carbondale along with a green salad. Dessert was mixed fruit bowl with whipped cream and coconut-chocolate chip macaroons.



Lunch is served. Photo by MegRibotto.



Guests confer over which delicious sandwich to choose. Photo by Deb McCanne



Defensible Space

- *Within five feet of a home, put a non-flammable substance like stone around the foundation, and no plantings under trees that can become fuel ladders. Also sweep pine needles and leaves off decks and patios, trim trees to not overhang roofs, and mow lawns to four inches or less.
- *From a five to 30-foot perimeter, keep grass mowed, avoid ladder fuel, trim lower branches to six to ten feet above the ground, and keep at least 10 feet of space between trees or small groups of trees.
- *Up to 100 feet away, avoid trees growing close together and avoid ladder fuels

Outdoor Fun at Sustainable Settings.

by Lynne Uhl

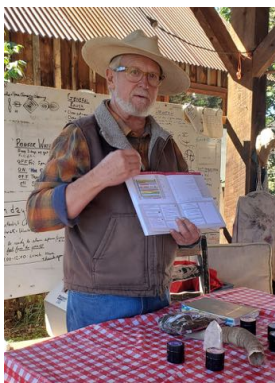
15 Valley Gardeners met on a beautiful fall day at Sustainable Settings just south of Carbondale. Rose and Brook LeVan bought the 250-acre Thompson Creek Ranch in 1997 as an experimental farm and ranch dedicated to research and education about sustainable and regenerative agricultural enterprises. The ambition and range of the projects is truly impressive. They have "combined Biodynamic, Organic, Management Intensive Grazing, Permaculture, no-till farming, and crop rotation" techniques. They also have a Whole Systems Learning Center to share their research.

Owners Brook and Rose LeVan were our hosts and speakers. Brook spoke about the history and his experiences with biodynamic gardening methods. **Meg Ribotto** found the horn manure especially intriguing. Cow manure is buried for several months inside a cow horn and then mixed with water to form a spray rich in nutrients for the soil. Their farmland is irrigated with ditch water from the Crystal River and wells. Rose led us on a tour of the farm. The working border collie accompanied us at all times. They have a really cool
(continued on page 4)



Above: The entrance to the ranch.

Right: Brook LeVan explains his farming methods
Photos by Meg Ribotto,



(Continued from page 3)



From left: The ranch border collie escorted the group everywhere.

Lynne Uhl surveys one of the farm gardens.

The traditional popato shed. Photos by Meg Ribotto.

potato barn that reminded me of a hobbit house. We toured their “small scale” garden and the “wild gardens” filled with herbs and edibles. They raise grass-fed cattle and sell eggs, raw milk, and meat in season in their store. **Susan Arenella** was impressed with the way the cattle are moved between pastures that are bordered with just an easily assembled single wire fence that the cattle apparently think is electrified.

After the tour, the hospitality committee served an excellent lunch in the outdoor kitchen of pulled pork, BBQ shredded chicken, grilled vegetables, potato salad, coleslaw, ranch beans, beverages, and cowgirl chocolate cupcakes.

After lunch we visited their sheep and their beautiful and extensive flower garden where we were encouraged to cut flowers to take home. An excellent time was had by all!



Above: The group poses wearing the cowgirl bandanas they received when they arrived. Photo by the LeVans.

From Left: Rose LeVan points out the medicinal properties of plants in the botanical garden. Photo by Gayle Shugars.

Linda Hollomon, Pammy Tommasoot and Rose display the bouquets they picked. Photo by Meg Ribotto.



Coming Up

October 23

Hardscaping Basics

Preston Earth,

Sustainable Design

Sara Preston

Crystal Theater, Carbondale

November 24

Flower Arranging

Marti Barbor

Crown Mountain

Community Room

December 7

Holiday Luncheon

Heather's Restaurant

Basalt

Executive Committee

President: Annie Runyan Worley

Vice President: Lisa Singer

Treasurer: Nancy Bobrow

Secretary: Lynne Uhl

Communications Chair: Deborah McCanne

Membership Chair: Joyce Woltman

Program Co-chairs: Linda Hollomon, Susan Arenella

Hospitality Co-chairs: Jackie Doig, Debbie Hanson

The Valley Gardeners Newsletter is published six times a year: January, March, May, July, September, and November.