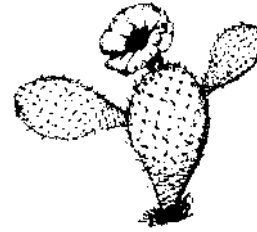




Astrophytum myriostigma

The Cactus Patch



Opuntia basilaris var. treleasei

Volume 9 **October 2006** Number 10

THE NEWSLETTER OF THE BAKERSFIELD CACTUS & SUCCULENT SOCIETY

This Month's Program

Getting Ready for a Show

Presented by

Maynard Moe & Stephen Cooley

Monthly Meeting

Tuesday, Oct 10

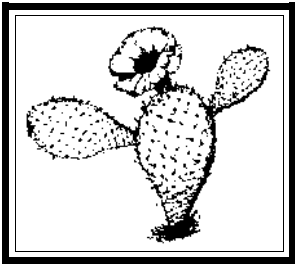
Olive Drive Church,

5500 Olive drive

at **6:30 PM**

(West of 99 freeway
on corner of Olive drive &
Victor street)

**Get Your
Plants Ready
for the
SHOW!**



The Cactus Patch

Volume 9 Number 10
October 2006

The Cactus Patch is the official publication of the Bakersfield Cactus & Succulent Society (BCSS) of Bakersfield, California. Meetings are held on the second Tuesday of each month at the times and places noted within.
GUEST ARE ALWAYS WELCOME

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Vice-President – Steve Crippen
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BCSS MEETING

September 12, 2006

A small but enthusiastic group was present for our September meeting. VP Steve Crippen got us off to a good start with a fairly long business meeting. Lynn mentioned a fundraiser for Help International which will be held at a local micro-brewery on September 23rd (It didn't have anything to do with succulents, but it might be fun). Maynard mentioned that this year's Show, which was not going to include a Sale, will now include a Sale. We now have both plants and pots that will be sold at the Show (we WILL NOT be selling any of our own plants this year, though nice-looking cuttings to give away might be good).

Sydney and Jack gave us some more information about the upcoming Rose Quartz field trip and Bonnie mentioned that she would be going back to Rancho Santa Ana Botanical Garden. Lynn also brought up the possibility of returning to the San Luis Obispo Botanical garden. Jack then added an invitation to go to the ghost town of Bodie, but he has to book it a year in advance and it is a bit expensive.

We then met Barbara Coelho who gave us a wonderful presentation on echeverias (I believe this is the first time our club has had a presentation just on *Echeveria*). We learned that they are frost sensitive, like some shade, that they come in solitary and clumping forms and are prone to mealybugs. We saw a great number of beautiful pictures that will likely inspire many of us to collect more of these succulents.



OCTOBER'S PROGRAM

Getting Ready for a Show

presented by Maynard Moe & Stephen Cooley

Maynard & Stephen will be bringing in some plants and pots to give a basic lesson on making your plants look suitable for our upcoming Show and Sale. If you have any plants you'd like help with, bring them as well!

There will also be some very nice cacti and succulents in the raffle this month – all of which could make good show plants with just a modest amount of effort.



San Luis Obispo Botanic Garden

Here is what's happening at the SLO Garden:

November 11, 2006

Plants Pollinated by Birds - Ken Levine 1 pm - 2 pm

Ken Levine will talk about how certain plants utilize birds for pollination and seed dispersal.

Holiday Decorating - Nancy Cooley 2 pm - 3 pm

Nancy Cooley is a horticultural and flower design judge emeritus of The Federated Garden Clubs of America. She has lectured in numerous states on the growing and use of herbs, the technique of drying fresh plant material and holiday decorations. Her articles have appeared in "The Long Island Gardener" and "Gardener's Choice". Colored photographs of her holiday decorations appear in the book "Herbs, Gardens and Decorations" by Tolley and Mead.

Nancy's focus with this demonstration will be to encourage the audience to use fresh plant material to create innovative designs for the holidays that are simple and fun.

California Cactus Center

by Stephen Cooley



On Saturday, September 16, Maynard and I went down to Pasadena to visit the California Cactus Center nursery. We decided to do this partly because we had heard of this nursery but had never been, this is where Woody's Cactus Data Plants have found a new home, and we were searching for a close source of raffle plants. Though the nursery looks small, and parking is

essentially non-existent, there is a great deal to be found at California Cactus Center. Plants range from 3 inch pots to 36 inch boxes. The diversity is impressive, this nursery does not just stick with the common 'home-center' type succulents. They have a huge variety of pots as well. To say that this nursery is well stocked would be an understatement – there were literally pots stacked on other pots.



Now for the bad news: prices. This is by far the most expensive cactus nursery I have ever been to. There were fairly common succulents in 4 inch pots going for \$40. Granted, they were large and well grown, but \$40 worth?. Everything in the nursery was well grown and pest free, but I can truthfully say that at those prices, I was not tempted to buy anything.



No Visitors A Letter From Bruce

Not that they weren't welcome, but visitors are tiring. It is relaxing to get back to a "normal" routine. There have been a few unexpected events.

The first was on 4th Aug when I noticed clearing underway at the University. The area being cleared has long been a botanical preserve! It seems they have decided a health center has priority. I followed behind the bulldozers and managed to rescue brachystelma tubers, orchid tubers, aloes, plectranthus, sansevieria, senecio, kalanchoe, huerniopsis, etc. I even found some succulent roots which might be *Ceropegia ampliata*. This is the only place in Botswana where this species has been found.

That evening they announced on TV that petrol (gasoline) was going up by 47thebe per liter (about 40cents per gallon) so we rush out with both cars and then the Land Rover and got everything filled. There were long lines. (The price went up again on 1 Sept, but we were topped up by then.) At this rate we'll stay home a lot.



On the 5th we started at the Catholic fete where I bought a number of gardening and travel magazines. Then it was on to the Anglicans for an International Food Fair. While eating we learned of a used item sale at Northside Primary School so we rushed on to buy a number of plant books. Visitors are not the only source of exhaustion.

On the 6th we went to Modipe Hill with the Bird Club. We had a school group with us and I showed them the stone tools and potsherds which litter the area. We didn't climb up to the stone walls. The area is, naturally, a National Monument. Afterwards we had brunch at a member's house nearby.

The week was pretty routine, but on the 12th we went to the

south end of the country and I photographed hybrid aloes in bloom. We also found "Teddy Bear" cholla and a giant dandelion in a garden at Good Hope. I then had a brief rest before Tuesday the 15th when I flew up to Maun for a SADC (Southern African Development Community) expert meeting on Alien Species and Biodiversity. It was all expense paid, but the meeting on the 16th was pretty dull. They made up for it on the 17th by taking us up to Moremi Game Reserve where, among other things we saw Red Lechwe splashing through the shallows. We also found a wild gourd just outside the reserve. It was in fruit and I pressed some for a second record as well as kept seed for the garden.



On the 19th we were treated to a concert by Angela Kerrison, Botswana's own diva, who is now off to Switzerland. The following Wed (the 23rd) I gave a talk on aloes at the museum using some of the pictures I'd taken on the 12th. That Saturday (the 26th) we saw "Tapping Hearts", a group of tap dancing women from South Africa who spent too much of the time yelling about how awful men are. On the 27th we went to the fair which was more local and uninteresting since the "International Fair" is now only held on alternate years.

On the 30th there was a play to launch a children's book about "Tlou" (Elephant) which featured a life-sized "elephant", on the 31st Polly went to Good Hope for another quilting workshop and on the 1st I watched a "traditional" torch (which I made) being carried across town to light a "modern" torch which is now touring Botswana. It will return to Gaborone on the 30th of September which is the 40th anniversary of independence in Botswana. More news on this later.

Bruce J. Hargreaves

CHAYA

by Lynn McDonald, Carmen Gallegos-Allen,
Steve Crippen

At the Cactus Valley meeting in August Carmen brought in cuttings of Chaya to share for plant exchange. Here are some recipes:

Juice of Strawberries, Pineapple & Chaya

8 chaya leaves
1 slice of cored pineapple
1 C. water
1 Tbs. honey

Wash/rinse the berries & chaya leaves. Blend all ingredients until smooth. Strain if desired & drink.

Grape, Pineapple & Chaya Juice

4 chaya leaves
1 slice of cored pineapple
10 seedless grapes
1/2 lime, juiced
1 C. water

Wash fruits & blend with water until smooth. Strain if desired.

Each blend is rich in vitamins & minerals, and is a benefit to several different systems in the body. Carmen has many more interesting recipes for fruits & vegetables that combine well with the chaya.

From Wikipedia (<http://en.wikipedia.org/wiki/Chaya>)

Chaya (*Cnidoscolus chayamansa* and *Cnidoscolus aconitifolius*) also known as Tree Spinach, is a large, fast growing leafy perennial shrub, native to the Yucatán Peninsula of Mexico. It somewhat resembles a vigorous hibiscus plant or the cassava plant. It is popular in Mexico and Central America as a leafy vegetable, cooked and eaten like spinach. It can grow to be 6 meters tall, but is usually pruned to about 2m for easier leaf harvest.

A USDA study in Puerto Rico reported that higher yields of greens could be obtained with chaya than any other vegetable they had studied. In

another study chaya leaves were found to contain substantially greater amounts of nutrients than spinach leaves.

Chaya is easy to grow, very hardy, and suffers little insect damage. It is tolerant of heavy [soil] and has some drought tolerance. Propagation is

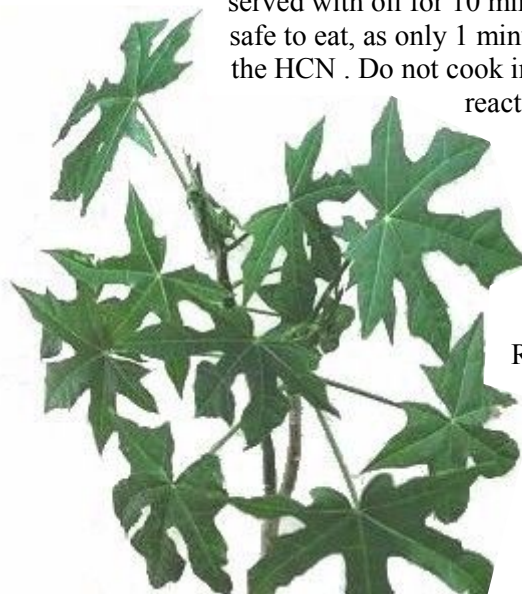
normally by woody stem cuttings about 6-12 inches long, as seeds are produced only rarely. Early growth is slow to develop on the cuttings, so leaves shouldn't be harvested until the second year. Chaya leaves can be harvested continuously as long as no more than 50% of the leaves are removed from the plant. Enough leaves need to be left to guarantee healthy new plant growth.

Some varieties have stinging hairs and require gloves for harvesting. Cooking destroys the stinging hairs.

Chaya is a good source of protein, vitamins, calcium, and iron. However, raw chaya leaves are toxic as they contain a glucoside that can release toxic hydrocyanic acid. Cooking is essential prior to consumption to inactivate the toxic components. In this respect chaya is similar to Casava, which also contains toxic hydrocyanic glycosides and must be cook before being eaten.

Traditionally leaves are immersed and simmered for 20 minutes and then

served with oil for 10 minutes or more will render the leaves safe to eat, as only 1 minute of boiling will destroy most of the HCN . Do not cook in aluminum cookware as a toxic reaction can result, causing .



The stock or liquid the leaves are cooked in can also safely be consumed as HCN is volatilized during cooking.

References:

Ross-Ibarra, J. and A. Molina-Cruz. /The Ethnobotany of Chaya (*Cnidoscolus Aconitifolius* ssp. *Aconitifolius* Breckon): A Nutritious Maya Vegetable/. *Economic Botany* 56(4): 350-365

THE SUCCULENT GARDEN AT CAL STATE



The garden seems to have weathered the summer pretty well. I was out there watering a couple of weeks ago and everything looked good. I picked some fruits of the *Opuntia robusta* and made a wonderful dark pink dye from them for some wool yarn. I need to refine my technique though, because I keep finding glochids in the yarn!

We need to start working out there now that the weather is getting nice again. If you are willing and able to work with me in the garden, please let me know so I can set up an email list (or phone list, if you don't have email...) You can also tell Stephen at the meetings and he will let me know. I can work on either Saturdays or Sundays, so let me know which day is better for you. I have worked on Sundays in the past, because I sometimes have other activities to do on Saturdays, but I plan to make a schedule of workdays so that there will not be conflicts. I would like to say that we will work on the first Saturday (or Sunday) of the month and just leave it at that. Let me know if the Saturday or the Sunday is better for you and I will set that as the day for working.

Some of the jobs we need to do in the garden are: weed, prune, put in walkways, finish the "Old World" retaining wall, install the remaining railroad ties, and I hope, plant more succulents!

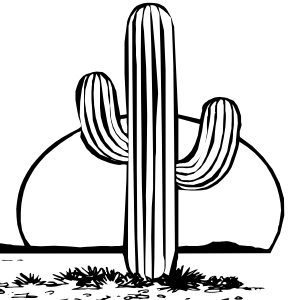
linda cooley

www.BakersfieldCactus.org

I recently purchased the domain name BakersfieldCactus.org to house The Cactus Patch web pages, as well as the BCSS home page and my Mesemb site. Though the former web pages are mostly still online, everything has been transferred over. If anyone has an idea for what they'd like to see on this site, let me know. If anyone has pictures, webpages, or anything else that they would like posted on the web page, let me know about that as well.

Stephen Cooley

UPCOMING EVENTS



Bakersfield Cactus and Succulent Society Events

Oct. 10 BCSS Meeting 6:30pm Olive Drive Church

PROGRAM: Getting Ready for a Show

SPEAKER: Maynard Moe & Stephen Cooley

Oct 14-15 BCSS SHOW & SALE. East Hills Mall

Nov 14 BCSS Meeting 6:30pm Olive Drive Church

OTHER CACTUS AND SUCCULENT EVENTS

Oct 14-15 San Gabriel Valley C&SS Winter Show & Sale. LA County Arboretum, 301 N. Baldwin Ave., Arcadia

May 25-30 CSSA 32nd Annual Convention. Seattle Airport Doubletree.

Membership in the Bakersfield Cactus & Succulent Society costs \$10 per year for an individual and only \$15 a year for a family. This extraordinarily reasonable price not only includes twelve issues of *The Cactus Patch* but entitles you to participate in club field trips to far-off (out-of-town) and exotic places (more exotic than Bakersfield). You will also receive a nifty name tag that will be your ticket to a members only plant raffle. All this is in addition to the wonderful programs and people at the meetings. To become a member contact:

Maynard Moe, treasurer

Lithops44@bak.rr.com

contact the editors for more information

Stephen Cooley

thecactuspatch@bak.rr.com

Linda Cooley