



VISTA MATTERS: January Edition

Right Plant, Right Place, Right Time - Edibles to plant in January

Region	Plants to Plant	Care Instructions
North	Arugula, Beets, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Chinese Cabbage, Collards, Endive, Kale, Kohlrabi, Lettuce, Swiss Chard, Sugarcane	Early Sun/Well Transplanting
Central	Arugula, Beets, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Chinese Cabbage, Collards, Eggplant, Endive, Kale, Kohlrabi, Lettuce, Peppers, Swiss Chard, Sugarcane, Tomatoes	Transplant Carefully
South	Arugula, Beets, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Chinese Cabbage, Collards, Eggplant, Endive, Kale, Kohlrabi, Lettuce, Peppers, Sugarcane, Swiss Chard, Tomatillo, Tomatoes, Tropical Spinaches	Use Seeds

North: Celery, Mustard, Potatoes, Spinach
Central: Celery, Mustard, Pineapple, Potatoes, Spinach
South: Amaranth, Calabaza, Celery, Long Squash, Luffah, Mustard, Pineapple, Potatoes, Seminole Pumpkin, Spinach, Sweet Potatoes

Carrots, Onion (bunching), Peas (English), Radish, Turnips
Cantaloupe, Carrots, Corn, Cucumbers, Onion (bunching), Peas (English), Radish, Squash, Turnips, Watermelon
Beans (bush, pole, lima), Cantaloupe, Carrots, Corn, Cucumbers, Okra, Onion (bunching), Peas (English, Southern), Pumpkin, Radish, Squash, Turnips, Watermelon

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 Gardening SOLUTIONS | For more information, please visit GardeningSolutions.ifas.ufl.edu

Meet Yvonne, VISTA's Volunteer Coordinator

Yvonne Scalise was born and raised in Tampa and is a fourth-generation native. She has a professional background in sales, marketing, and training in various industries and enjoys cooking, gardening, and ancestral research as hobbies. Passionate about her heritage, community, and nonprofit organizations that serve children and elders, Yvonne served as past Board of Directors VP for Learning Gate Community School, on the Ybor City Museum Society and Ybor City Saturday Market Boards, Coordinator for Oasis Network, and volunteer for 12 years serving in various positions for Faces of Courage Foundation, where she is currently on the Board of Directors and Director of Community Development and Outreach, organizing camps supportive to families experiencing cancer.

At VISTA, you might see Yvonne working in her elevated garden or enjoying garden picnics with her young grandson. You might also hear Yvonne's friendly voice via a phone call, or receive an e-mail or text message about volunteer assistance needed at the gardens.

For purposes of future grant proposals, we will soon begin recording the many volunteer hours and tasks completed by each of our member gardeners. Watch for future details!

“Volunteers do not necessarily have the time; they just have the heart.”
~Elizabeth Andrew

“You make a living by what you get. You make a life by what you give.”
~Winston Churchill



Upcoming Events



**Yoga this coming Friday
and Saturday 10-11 a.m.
January 8 and 9**

Join instructor and fellow VISTA gardener, Lauren Chidel, for an hour of garden-inspired yoga. Come in comfortable clothing with some water to drink, your own mat, as well as a towel to place underneath your mat (in case the grass is damp).

In 2017, Lauren graduated from the Lotus Pond Center for Yoga and Health with a 200hr yoga certification. Lauren is passionate about sharing her knowledge of yoga to positively impact the physical and mental health of others,



Community Calendar

Happy Hour Time Change

When: Fridays
Time: 4:30-5:30p.m.

Join your fellow garden members for a socially distanced Happy Hour at the garden.

This is an excellent opportunity for members to get to know each other and unwind after a hectic week.

Please bring a chair and your favorite drinks and snacks.

and guide students into gaining a deeper sense of self-awareness.

Vista's Beehive Update

At last check, the bees are doing great. Going into our cooler months their productivity (and reproduction) slows down dramatically. In fact, if temperatures dip below 58 degrees, a majority of the bees in the hive will spend their time and energy keeping the brood and queen warm. These next few months are when the hive is most vulnerable.

In September they filled many of the frames with nectar, which is "pretty honey". Most of that will be consumed by the colony before they finish the process of turning it into honey. The next significant nectar flow will be in late January to mid-February. So, now the bees are foregoing for any natural food source and enjoying some of their stored nectar and honey.

Bee facts:

There are over 4000 different native bees in North America. In Florida we have 300 different native bees, 29 of which are found only in our State.

C. David Schneider, Beekeeper



Bonefish Grill Fundraiser

VISTA will be having another Fundraiser event in January! It will be at Bonefish Grill right here in Carrollwood. The date of the event is **Jan 11, 2021**. We will receive a 10% rebate for all orders placed that day. Lunch and dinner orders included. Dining at the restaurant and take out orders qualify. You must mention you are from Vista Garden to receive credit.

Bonefish is a great restaurant offering delicious food options. They have both indoor and outdoor seating available if you would like to eat at the restaurant. Come out and support the Vista Garden family at this fun location



BENEFIT WITH
Bonefish Grill

WE INVITE YOU TO GIVE BACK DURING
OUR VISTA GARDENS BENEFIT FUNDRAISER!
ON JANUARY 11, CARRYOUT OR DINE IN WITH BONEFISH GRILL
AND WE WILL DONATE 10% OF YOUR TOTAL CHECK
TO VISTA GARDENS.

PRESENT OR MENTION THIS FLYER TO PARTICIPATE

JANUARY 11 11 AM - 10 PM
13262 N. DALE MABRY | 813.969.1619

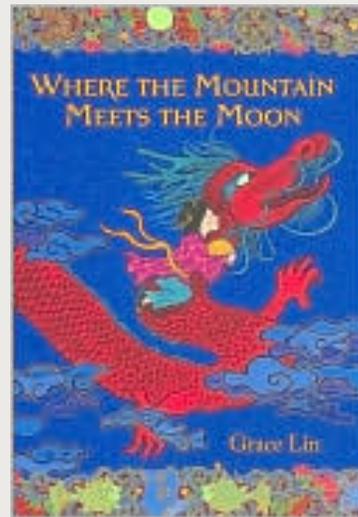
Bonefish Grill is committed to partnering with local organizations to help create a better community that gives back.

New in the Little Free Library

Ages 8-12 and also enjoyed by teen and adult readers

A great read aloud book in which a young girl named Minli spends her days working hard in the fields and her nights listening to her father spin fantastic tales about the Jade Dragon and the Old Man of the Moon. Minli's mother, tired of their poor life, chides him for filling her head with nonsense. But Minli believes these enchanting stories and embarks on an extraordinary journey to find the Old Man of the Moon and ask him how her family can change their fortune. She encounters an assorted cast of characters and magical creatures along the way, including a dragon who accompanies her on her quest.

Where the Mountain Meets the Moon by Grace Lin

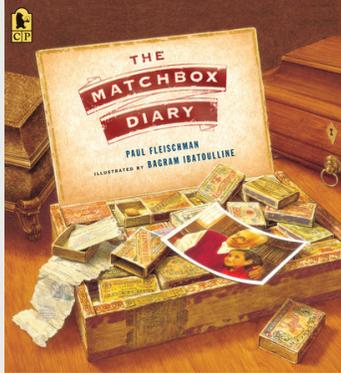


[Click For More Info](#)

The Matchbox Diary by Paul Fleischman, illustrated by Bagram Ibatoulline

Ages 6-9

When a little girl visits her great-grandfather, she asks about the



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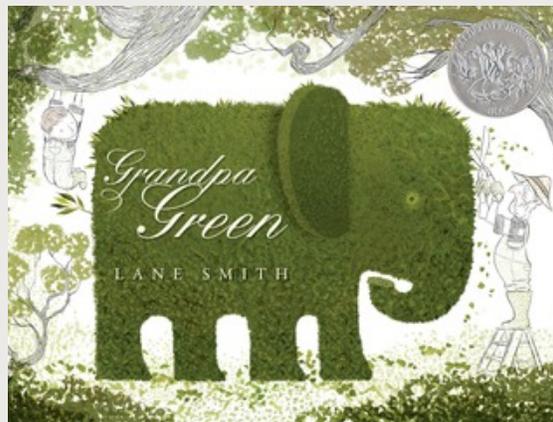
collection of matchboxes harboring objects she can hold in her hand, each one evoking a memory. Together they tell of his journey from Italy to a new country, before he could read and write: the olive pit his mother gave him to suck on when there wasn't enough food; a bottle cap he saw on his way to the boat; a ticket still retaining the thrill of his first baseball game. Newbery Medalist Paul Fleischman and acclaimed illustrator Bagram Ibatoulline tell a breathtaking immigration tale with appeal across generations.

Ages 5-9

This Caldecott Honor book tells the timeless story of family history, legacy, and love. Grandpa Green wasn't always a gardener. He was a farm boy and a kid with chickenpox and a soldier and, most of all, an artist. Readers follow Grandpa Green's great-grandson into a garden he created, a fantastic world where memories are handed down in the fanciful shapes of topiary trees and imagination recreates things forgotten.

Lane Smith explores aging, memory, and the bonds of family history and love. By turns touching and whimsical, this is a stunning picture book that also received notoriety in 2011 as a Publishers Weekly Best Children's Picture Books title and as one of School Library Journal's Best Picture Books.

Grandpa Green by Lane Smith



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All books were purchased through a grant VISTA Gardens received from Forever Friends.

<http://www.foreverfriends.org/>



Volunteers Needed!



We still need more volunteers to turn the compost!

Take a turn and be "Compost Fit"!

We ask member gardeners (even those not on the compost committee) to help with composting for at least one hour once a year. It is rewarding to create "Black Gold"! Book online or add your name to the sign-up sheet on the shed to volunteer from 8-9 or 9-10 on January 28, 29, 30; February 25, 26, 27; March 25, 26, 27.

Click [HERE](#) to Sign Up!

Herb Spotlight: Rue

Rue, *ruta graveolens*, is known as herb of grace.

It has beautiful, smoky, blue foliage and a very pungent aroma and bitter taste. It can easily be grown from seed. Handle rue carefully because it can cause skin irritation and sensitivity to light. This herb is central to many Arab and Chinese remedies. It is the only herb blessed by Mohammed. The leaves are used to treat phlebitis, varicose veins, epilepsy, and nervous complaints.

CAUTION: To be taken internally only under medical supervision. Use on the skin carefully since irritations may occur. I tasted this herb and was horrified by the bitter flavor. I recommend it be used as a border plant where the attractive, silver-blue foliage can provide color.

To learn more about herbs, sign up for Herbs: Cultivation and Conversation - Tuesdays at 8:30 AM.

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Connect with us

