



NAN STERMAN
Water Wise

Nan Sterman
Talks, Presentations, Demonstrations, and Workshops
2017/2018

Waterwise • Sustainable • Edible • Beautiful

These programs are available for your organization, customers, constituents, employees, staff, and clients. Please ask about customized programs, too.

Talks and Demonstrations (Full descriptions follow)

- Incredible! Edible, Waterwise, and Beautiful
- Growing, Cooking, and Eating the Mediterranean Way
- On the Dry Side: Waterwise Fruits
- Hot Colors, Dry Garden: Color-filled Waterwise Landscapes
- Bye-Bye Grass: How to Say Goodbye to Your Lawn
- Design a Waterwise Garden; After the Lawn is Gone
- California Dreamin: Gardening in California's Mediterranean Climate
- Re(en)visioning the Garden: Waterwise and Climate Appropriate
- Drip is Hip: Gardeners' Intro to Drip Irrigation
- Cool Tools To Save Water In Your Garden
- Waterwise in Disguise
- Perfect Pairings: A sampler of "tasty" succulent and non-succulent plant combinations.
- Expand Your Palette: Garden Gems from the World's Mediterranean Climates
- Expand Your Palette: Native Plants for California Native Gardens
- Expand Your Palette: Mediterranean and Desert Plants for Low Water Landscapes

- Expand Your Palette: Garden Treasures from Mexico and the Arid Southwest
- Expand Your Palette: Low Water Australian Plants for California Gardeners
- Expand Your Palette: California Gardening with South African Plants
- Five Minute Garden Design
- Don't Plant This! Avoid the Plants You'll Later Regret
- Sprout! Start Your Vegetable Garden From Seeds
- Raise Your Vegetables in Bed
- From Sticks to Stems: Propagate Plants from Cuttings
- Container Gardening How-to
- The Path to Sustainability Starts at Home
- From Sustainability To Stewardship: New Insights From Old English Gardens
- Beauty & Inspiration: Legacy Gardens of Provence and the French Riviera
- Spotlight on the Gardens of the Netherlands and Belgium: Much more than tulips!
- Plant a Jewish Garden

Hands-on Workshops

- Garden Transformation Workshop: Create Your Own Waterwise Eden
- Sprout! Start Your Vegetable Garden From Seeds
- From Sticks to Stems: Propagate Plants from Cuttings
- Container Gardening How-to
- Plant It Hot or Plant It Spicy: Grow Herbs in Containers
- Plant a Pot of Tea: Herbs for Home Made Teas

Talks for Professional Audiences

- California Dreamin' What Your Garden Business Needs to Know to Sell to the California Market
- Edible Landscapes for Pros
- Waterwise Plants for Pros
- Low-water Landscapes - Commercial and HOA

Program Descriptions

Talks and Demonstrations

Incredible! Edible, Waterwise, and Beautiful (Presentation with optional demonstration)

It's ironic that as gardeners grow more interested in raising their own vegetables, we are all facing the reality of limited water supplies. Growing food and saving water sound like they work against each other, but in home gardens, that isn't the case!

This talk covers:

- The most water efficient ways to grow traditional; vegetables, herbs, and fruits.
- Low-water vegetables, herbs and fruits to grow, some familiar and some a surprise.
- How to integrate low-water edibles to beautify your garden.

Edible, beautiful, and water-wise -- what more could a gardener ask for!

Growing, Cooking, and Eating the Mediterranean Way (Presentation with optional cooking demonstration)

We've long heard that the Mediterranean diet reduces the risk of heart disease, incidents of cancer, Parkinson's and Alzheimer's disease. What is the Mediterranean diet? It's a plant-based diet where olive oil replaces butter, spices and herbs replace salt, and red wine is encouraged as is enjoying meals with family and friends. It includes many familiar edibles and some less familiar ones too, but all are delicious and easy to grow.

In this presentation, Nan will talk about growing and cooking Mediterranean favorites such as garbanzo beans, fava beans, pomegranate, eggplant, cilantro, tomato, peppers, oregano, bay, artichokes, saffron, rosemary, and more. We'll discuss the differences between olive oils, as well as why some kinds of olive oils are best for cooking and others for enjoying fresh. Nan will talk about common Mediterranean spices, how to cook with each of these edibles and share many of her favorite Mediterranean recipes, too.

On the Dry Side: Waterwise Fruits (Presentation)

What can you grow where there isn't much water to spare? Fortunately, many of the fruits that grow best in California are also ones that need very little water. Some, like fig and pomegranate are well known. Others like Jujube and Pitajaya are less common but absolutely delicious. In this talk, Nan covers a wide variety of waterwise fruiting trees and shrubs, how to grow and care for them, when and how to harvest and of course, how to enjoy the delicious "fruits" of your labor.

Hot Colors, Dry Garden (Presentation)

Every gardener loves color. Red, purple, orange, green, blue... most of us want them all! So as we weed out the too thirsty plants from our gardens, some gardeners worry about losing the color. Can a drought tolerant garden be colorful and beautiful? Absolutely.

In this talk, Nan offers a preview of her upcoming book, *Hot Colors, Dry Garden*, to be published by Timber Press in 2018. *Hot Colors* is about how to create colorful gardens that need little if any water, along with the best plants for the task. In this talk, Nan will focus on some of the many dry growing plants that offer great color. She'll also provide a sneak peak at some of the gardens that are featured in her book.

Bye-Bye Grass: How to Say Goodbye to Your Lawn (Presentation)

Turf grasses are the least “green” plant in California gardens. They take more water, more fertilizer, more upkeep, are responsible for more green waste (and therefore more greenhouse gases) than almost any other garden plants. And because we put so many products onto grass, it is a major source of water pollution. Truth is, very few of us actually *use* grass. In this session, participants learn several methods for removing lawns and how to approach its replacement.

Design a Waterwise Garden; After the Lawn is Gone (Presentation with optional nursery/garden tour)

Once the lawn is gone, what do you do with the bare space? Many a gardener is overwhelmed by the possibilities. This talk focuses on creating an attractive new garden, based on personal aesthetic, the style of your home and household's needs. We talk about hardscape and infrastructure, plant choices, and irrigation, sustainable features and structures, the pros and cons of doing it yourself or working with a professional.

When held at a garden or nursery, this presentation includes a walk-through and discussion about different plants.

California Dreamin: Gardening in California's Mediterranean Climate (Presentation)

Thanks to California's Mediterranean climate, gardening here is different from anywhere else in America. In this talk, we discuss what it means to live and garden in a Mediterranean climate. Nan talks about soil, rainfall, plants, and techniques for creating productive and beautiful gardens that thrive in our climate. She also shows examples of gorgeous gardens in many different styles, all done with a Mediterranean plant palette. This presentation can be also presented as an orientation for visitors and tour groups from out-of-state.

Re(en)visioning The Garden (Presentation)

What does a waterwise garden look like? Many people envision drab, brown gardens, but nothing could be further from the truth. Waterwise gardens are colorful and lush. They can be any style imaginable from Spanish to English, Asian to modern.

This talk is a virtual tour of beautiful, low water, sustainable gardens, big and small, fancy and simple, and done in many styles. We discuss the features and plants that characterize each garden. By the end, participants are inspired to make their own gardens waterwise!

Drip is Hip: Gardeners' Intro to Drip Irrigation (Presentation with optional demonstration)

Drip irrigation is hip. More than that, drip irrigation works extremely well and *is the most water efficient irrigation technology*.

Where traditional overhead spray systems *waste half of the water that comes out of a sprayhead*, drip irrigation puts water directly onto the rootball, where it is needed. It also keeps fertilizers, pesticides, and pollutant-laced runoff out of our waterways.

Old style drip irrigation technology is a maze of parts and pieces that blows apart, falls apart, and otherwise breaks.

In this presentation, Nan demonstrates the best irrigation technologies, their parts and pieces, how they are made, how easy they are to install and maintain, and where to learn more about them. She discusses specific irrigation situations (vegetable gardens vs. ornamental gardens, slopes, mixed plantings, etc.) and how to use drip with them as well.

Cool Tools to Save Water in Your Garden (Demonstration)

This presentation introduces the audience to a wide range of water saving garden products, how to use them, and how they help conserve water in the out of doors. As water becomes more precious, the clever people who make garden tools and devices have created great new waterwise products, from “smart” irrigation controllers and timers, to valves that turn the hose off when you forget. There are water releasing biodegradable gels, drip irrigation systems, and more.

Waterwise in Disguise (Presentation, optional demonstration with live plants)

If “waterwise” conjures up images of gardens filled with cactus and turquoise gravel, think again. Modern, low water gardens are filled with gorgeous, colorful plants that flower throughout the year. Trees, shrubs, perennials, herbs, edibles, bulbs, vines.... every category of plant you can think of includes low-water beauties. This talk is a virtual tour of low-water plants that promise to inspire the imagination without breaking backs or piggy banks.

Perfect Pairings: A Sampler Of Tasty Succulent And Non-Succulent Garden Combinations (Presentation)

Succulents are the rage and for good reason. They are beautiful, sculptural, fit in nearly every style garden *and* are extremely waterwise. While succulents are beautiful on their own, they are even more striking when paired with non-succulent plants. Together, they offer color, texture, height, and contrast: layers of broad fleshy leaves against feathery leaves, strappy leaves, purple leaves, chartreuse leaves, and more. In this illustrated presentation, Nan will present some tasty combinations of succulents with non-succulents as she discusses the infrastructure and garden practices that keep “blended” gardens healthy and thriving.

Expand Your Palette: Garden Gems from the World’s Mediterranean Climates

(Presentation, optional demonstration with live plants)

The world’s five Mediterranean climates (including California) cover only 2% of the earth’s surface, yet are home to 20% of the world’s plant species. For gardeners, that translates to an enormous palette of low water, low maintenance, *and beautiful* plants. This talk presents the best of the best of those plants, along with examples of how to use them in a home garden.

Expand Your Palette: Native Plants for California Native Gardens (Presentation, optional demonstration with live plants)

Native plants began falling out of fashion in the early 1900's when new and exciting exotics from around the world became available to California gardeners. That trend continued pretty much until today. Now, California gardeners are rediscovering the beauty and diversity of our native flora. And it's about time. Native plants are the absolute best-suited plants for California gardens. They are low/no water, low maintenance, and are very easy to grow, once you discard everything you *thought* you knew about keeping a garden. In this talk, Nan discusses what makes a native plant native, the habitats that native plants come from, native plants that are easiest to grow in California gardens, how to grow them, how to use them in the garden, and how to mix them with plants from other Mediterranean climates.

Expand Your Palette: Mediterranean and Desert Plants For Low Water Landscapes (Presentation, optional demonstration with live plants)

So many communities, property owners, even landscape maintenance companies want to swap out existing landscapes for something new, something more waterwise, easier to care for, and simply more up to date. The problem is, they don't know where to start or what to ask for. In this talk, Nan covers a wealth of plant options that meet these needs. She also talks about the infrastructure necessary to support them, how to make the conversion, and how to manage them over the long term.

Expand Your Palette: Low Water Australian Plants for California Gardens (Presentation, optional demonstration with live plants)

Imagine a garden filled with colorful flowers, fantastic foliage and hummingbirds. You are imagining a garden with plants from our sister climate down-under. From kangaroo paws to acacias, plants from Australia include some of the most unusual and fascinating low water, low maintenance plants for our gardens.

Expand Your Palette: Garden Treasures from Arid Mexico and the Southwest (Presentation, optional demonstration with live plants)

Expand your garden's palette with colorful and hardy plants from arid Mexico and the southwest deserts. If you think those plants are all cacti, " think again. You'll be amazed at the vast options of plants that don't resemble cacti in the least! These plants are graceful, have fantastic textures, and add year-round interest to low water gardens.

Expand Your Palette: California Gardening with South African Plants (Presentation, optional demonstration with live plants)

If you were to visit California from the southern tip of South Africa you may not feel a little out of place, but if you were a plant, you would feel right at home. The two region's climates and terrains are surprisingly similar.

South African plants are a major component of the Mediterranean plant palette; proteas with their odd looking flowers, their cousins the cone bushes, magical aloes, and sunny daisies are mainstays when it comes to low water, low maintenance California gardens.

Five Minute Garden Design (Presentation, optional demonstration with live plants)

On a beautiful Saturday you are ready to replace your thirsty, high maintenance garden. Drive to the nursery, park the car and as step through the entry, you stop. Overwhelmed. Not sure what to look at or what to choose....

In this class, Nan demonstrates how to make beautiful combinations of water-wise plants in five minutes (okay, maybe 10 minutes). Some combos are based on color schemes; others are themes such as native plants, succulents, edibles, and so on. In the process, Nan talks about:

- How to shop for plants in a nursery
- Where to look for a nursery's waterwise selections
- What to prepare before shopping
- What low-water plants look like and what makes them low water
- How to read plant labels

Don't Plant This! Avoid the Plants You'll Later Regret (Presentation)

Ever ask a gardener about the plants they wish they'd *never* planted? Nan talks about a bunch of them that reproduce too freely, swallow up a house in a season, are prone to disease, attract unwanted "visitors" to the garden, invade nearby native habitats, are impossible to train, or will be in the garden forever, whether wanted or not. Be forewarned! Be forearmed! Don't plant this!

Sprout! Start Your Vegetable Garden From Seeds (Presentation with demonstration)

Seeds are magical little things – pieces of dried out "wood" that, when watered, suddenly come alive to make tall redwoods, bright red poppies, even delicious tomatoes and eggplant. Starting from seed allows gardeners to try varieties of plants seldom seen in the nursery – especially herbs and vegetables.

This presentation covers everything a hoping-for-green-thumb needs to raise a summer full of vegetables, fruits, and herbs, including seed starting secrets Nan's developed from years of starting her own garden from seed and testing seeds for Organic Gardening Magazine.

In the hands-on workshop, participants take home hundreds of dollars worth of seeded plants that will produce several hundred dollars more worth of vegetables. They also gain the knowledge to produce that same value every year.

Raise Your Vegetables In Bed (Presentation)

Grow more per square foot, with less water, less back stress, fewer pest problems and an extended growing season, even in the worst soil in the world! How? By growing vegetables in a raised bed. Nan presents different examples of raised beds, including a time-proven method for easy-on-the-back (and easy for small children) wooden raised beds.

The talk includes construction diagrams for building these favorite raised beds, a 90 second time-lapse video demo that shows how to build beds, and some tips and tricks Nan has learned in her years of raised bed gardening

From Sticks to Stems: Propagate Plants from Cuttings (Demonstration)

Starting new plants from cuttings is truly amazing. Lop off a branch, stick it into some potting

soil and soon its an entire plant! And truthfully, it is almost that easy after participants know some of the tricks that propagators use. Once they see and understand the process, they can propagate almost anything, from the shrubs coveted in a neighbor's garden to that new perennial on sale at the nursery (though not if it is a patented variety).

This demonstration covers some of the basics making and potting cuttings, how to care for them, and how to transplant them once they are ready to go!

Container Gardening How-to (Demonstration)

Not everyone has room for an entire garden but everyone has room for a container garden.

Container gardens are just like gardens in the ground, just smaller. They have exactly the same requirements – light, water, and soil. In this demonstration, Nan discusses the best uses for different types of containers and how to match plants to pots and pots to plants. She'll demonstrate container-planting methods, how to combine plants, how to find the right spot for container gardens, and so on. She'll share some of her best tips for making container gardens instant successes. Focus can be on edibles or ornamentals, depending on the audience.

The Path to Sustainability Starts at Home (Presentation)

Sustainability is a path, rather than an endpoint. And, if it follows the pattern of other cultural shifts, sustainability starts at home. From there, it spreads to workplaces, businesses, and our communities at large. So, how do we make our homes - our home landscapes in particular -- more sustainable?

This presentation inspires participants with images of residential projects that take a pass on lawns, swimming pools, and other high-resource features. Nan focuses on appropriate plantings, soils, hardscape materials, composting, maintenance, and irrigation approaches that move these gardens along the path towards sustainability.

For professional audiences, Nan discusses ways to communicate the advantages of sustainability to clients as well.

From Sustainability To Stewardship: New Insights From Old English Gardens (Presentation)

New garden trends still originate in old England! Even in that historic region, resources are becoming more precious. Private gardens and public gardens like Sissinghurst, Great Dixter, RSH Wisley, and Hidcote are among those refocusing on stewardship, far beyond sustainability. They integrate wildflowers and grasses into formal gardens as an acknowledgment that attracting beneficials is as important as beauty. Habitat borders alongside edible gardens attract pollinators to ensure fruit production. Traditional perennial borders now serve double duty – both as beautiful spaces for people to enjoy as well as places for birds and other animals to find food and shelter. They promote home gardens that survive on rainfall in order to conserve precious potable water, and they plant trees to ensure that centuries old forests are sustained for the benefit and enjoyment of future generations – human and otherwise.

Feeding people, feeding animals, using resources wisely while maintaining the beauty, history and legacy of English gardening are elements of a new English stewardship beyond sustainability and lessons for us all.

Beauty & Inspiration: Legacy Gardens of Provence and the French Riviera (Presentation)

A tour of gardens in the south of France is every gardener's dream. If you haven't yet had the opportunity (or if you have and would like to relive that experience), you'll love Nan's illustrated tour of the legacy gardens of Provence and the French Riviera.

This tour takes you to a dozen gardens, starting at La Louve, French designer Nicole de Vesian's fabulous country home and garden. We stop at La Chaboude, designer Philippe Cottet's modern interpretation of a 15th century farmhouse and garden. Further south, we visit Jardin Exotic, the 85 year-old succulent gardens on the cliffs overhanging Monaco, and Lawrence Johnston's Serra de la Madone (where Johnston retreated after selling Hidcote, the garden designed in England). There are more public gardens, private gardens, historic gardens, and iconic gardens, ending at Monet's Giverny. Though it is not in Provence or the French Riviera, every garden tour to France should include Giverny!

Spotlight on the Gardens of the Netherlands and Belgium: Much more than tulips!

(Presentation)

Join Nan Sterman on a virtual journey to the gardens and landscapes of the Netherlands. You might think of Dutch landscapes as being all about tulips, and there are tulips for sure, but there is much, much more. We visit fantastic garden vignettes at Appletern, designed by 200 of the best and brightest Dutch designers. Visit a secluded 17th century garden behind a classical canal home in Amsterdam. Watch the goings on at the world's largest flower auction at Aalsmeer (imagine flower filled bumper cars). Take a side trip to the Keukenhof garden, famous for its over-the-top springtime bulb displays. Visit the operations of a third generation bulb grower, hybridizer, and exporter. And see Floriade, the once-a-decade horticultural and agricultural World's Fair that celebrates plants and displays from across the globe. Experience this breathtaking tour from the comfort of your chair – and without having to go through airport security!

Plant a Jewish Garden (Presentation or demonstration with live plants)

Planting, growing, and harvesting are fundamental to Judaism. Agriculture ties Jews to the seasons and to the land, through holidays and life cycle events. In this presentation, you'll learn about connections between Judaism and fruits, vegetables, herbs, grains, trees, shrubs, and more.

Nan will talk about traditions and practices that easily translate to home gardens. She will discuss how easy it is to grow most, if not all, of the plants mentioned in the Torah and many more that have come to play a role in the traditions of more modern times. Nan will even talk about some ancient traditions that deserve to be revived.

Hands-on Workshops

Workshops generally run two hours

Garden Transformation Workshop: Create Your Own Waterwise Eden (Three sessions)

Transforming a garden from lawn (or weeds) to waterwise takes some planning, some knowledge, and some trial and error. Whether you do it yourself, or work with a professional, it's hard to know where to start and what to do. This three-part series empowers participants by providing the basics to choose either direction.

Session one focuses on lawn removal (see "Bye-Bye Grass" below). The second session kicks off with a virtual tour of beautiful, low water and sustainable landscapes. We keep those inspiring images in mind as we discuss planning the new garden: ways to use the space, soils, irrigation and hardscape, structures, the process of design and construction, etc.

In the final session, we turn our attention to the low water plants, both edible and ornamental, design concepts and long term care.

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demonstrate container-planting methods, how to combine plants, how to find the right spot for container gardens, and so on. She'll share some of her best tips for making container gardens instant successes. Focus can be on edibles or ornamentals, depending on the audience.

Plant It Hot or Plant It Spicy

Do you like hot or do you like spicy? Either way, it's easy to grow the herbs you like to use in your favorite recipes. Homegrown herbs taste totally different from the dry herbs sold in the market. In this hands-on workshop, Nan Sterman introduces you to a host of fresh familiar and specialty herbs, from bay to oregano, myrtle to lavender. You'll plant your own pots too, one hot, one spicy, to take home and grow in your garden. If you love to cook and you like to garden, this workshop is made for you. In fact, once you go fresh, you might never go back.

Plant a Pot of Tea

If your image of making tea starts with a white paper mesh bags filled with mysterious dried leaves, this workshop will blow your mind. Green, black, and white teas are all versions of dried and cured leaves of *Camellia sinensis*, which are a little too thirsty for San Diego gardens. But that's not the case for herb teas. Our climate is great for growing lemon verbena, mint, cardamom, pineapple sage, lavender, hyssop, and many more herbs you can use to blend your very own teas, dried or fresh. In this hands-on workshop, Nan Sterman demonstrates a host of herbs that are super easy in a pot or in the ground and all of which make great teas. Get ready to get dirty while you plant a pot of tea.

Talks for Professional Audiences

California Dreamin' What Your Garden Business Needs to Know to Sell to the California Market (Presentation)

California's garden market is huge, but it can also be confusing. California's climate, seasons, soils, plants and gardening needs are very different from the rest of the country. California native, garden writer, designer and author Nan Sterman describes how people garden in California as compared to the rest of the country. She talks about the challenges California gardener's face and how those challenges translate to opportunities for businesses. She also talks about ways to adapt products and services to meet California's enormous garden market.

Edible Landscapes for Pros (Presentation)

Edibles are on everyone's radar but they can be a challenge for professional landscape designers and landscape contractors to include in landscapes. Which are attractive enough to use as landscape elements? What is the best way to use them? How do we factor in our clients' needs and preferences? These issues come up in terms of edible landscape plants. When it comes to vegetable gardens, though, there is an entirely different set of considerations, all of which are gaining importance as clients ask for gardens to feed their families.

Waterwise Plants for Pros (Presentation)

The public's demand for beautiful, easy care, low water plants is absolutely exploding. For professionals, keeping up with the demand can be challenging. This talk presents a large, but not overwhelming plant palette customized to meet these criteria. Nan covers how to use these plants in the landscape, what to combine them with, their culture, and their care.

Low-water Landscapes – Commercial and HOA (1-hour PowerPoint Presentation)

As our resources dwindle and people become more aware of how *little* time, money, and resources low-water landscapes require, more and more commercial property owners, agencies, and HOAs are interested in making that conversion. Ready to respond?

This talk presents three beautiful, well done, low-water landscapes – two commercial and one large scale residential. Participants hear about the designers' intent, the installers challenges, and the maintenance companies' methods of handling these properties successfully, skillfully, and beautifully.

Nan Sterman speaks to lay and professional audiences such as:

- The Northwest Flower and Garden Show
- The San Francisco Flower and Garden Show
- The Water Conservation Garden
- Los Angeles County Arboretum
- San Diego Botanical Garden
- Las Virgenes Water District
- Otay Water District
- County of San Diego Planning Department
- California Landscape Contractors Association
- Urban Land Institute
- The San Diego Spring/Fall Home Garden Shows
- Water Conservation Garden Park, Utah
- Nurseries
- Master Gardeners
- Garden Clubs
- Horticultural Societies
- California Center for Sustainable Energy
- Cuyamaca College Sustainability Symposium
- Direct Gardening Association
- Libraries
- Women, Infants, Children (WIC)
- The Scripps Research Institute
- The International Xeriscape and Water Conservation Conference
- San Diego Flower and Plant Association

Booking Information

Prices for talks, workshops, and demonstrations vary based on the topic, the nature of your group, size of the audience, and travel required. For more information, please email info@waterwisegardener.com or call 760 634-2902.

See Nan "live" by watching episodes of her TV show, *A Growing Passion*, online at www.AGrowingPassion.com.

Nan's schedule fills months in advance -- Please book your presentation today