Utah Water Garden Club

December 2016 Issue

Club Officers:

President: Shirley Simmonds 702-302-6315 (shirjonevermore@gmail.com)
Vice-President: Julie Flint 801-274-3040 (jam199@comcast.net)
Secretary: Connie Wagstaff 801-944-3911 (idig15@aol.com)
Treasurer: Suzie Giles 801-440-0597 (kensusangiles@msn.com)

Board Members:
Sterling Herrmann 801-560-0745 (oahuheather@gmail.com)
Brett Reynolds 801-272-2541 (brett@reynoldsgraphics.com)
Nancy Aoyagi 801-712-9484 (avon_naoyagi@hotmail.com)

By Laws Coordinator: Gary Anderson 801-290-2340 (gyroman@comcast.net)
Web Master: Brett Reynolds 801-272-2541 (brett@reynoldsgraphics.com)
Assistant Web Master: Jeff Allred 801-573-0836 (jeffallred5514@msn.com)
Newsletter: Gil and Sherry Avellar 801-572-0853 (trout42@hotmail.com)
Historian: Daniel Peel 435-660-0784 (danielpeel@me.com)
Advertising:

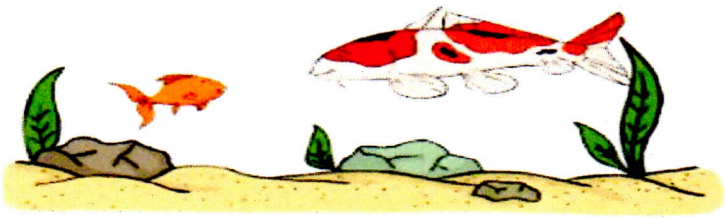
Date	Location	Topic	Speaker
February 16, 2017 7 pm	Red Butte Gardens 300 Wakara Way	Conservation Gardening	Red Butte Curator/Instructor
March 26, 2017 7 pm	Cactus and Tropicals 12252 Draper Gate Drive (1325 East)	Koi Health	Terry Maxfield
April 20, 2017 7 pm	Utah Water Garden 3674 South 900 East	Unusual and Unexpected Marginal Plants	Sheida
May 18, 2017 7 pm	Flint Home	Outdoor Lighting Design	Roger

UPCOMING EVENTS IN OUR AREA

Reno Nevada Water and Rails Pond Tour June 17-18, 2017. This is a unique tour that incorporates ponds and garden model railroads.

Pikes Peak Water Garden Society Pond Tour: July 29-30, 2017 in the Colorado Springs, CO area.

Are you just being Koi?



What Do Koi Fish Symbolize?

Some History...

During a very harsh winter, Japanese farmers in Niigata could not fish and could not sustain any crops. As a result, the farmers began building ponds in which to raise koi in order to feed their families. During this time, many farmers began noticing different color mutations on the skin of the newly bred koi. So they carefully chose the most beautifully colored fish and bred them in separate ponds to keep as family pets. Koi continued to be bred as pets and enjoyed for their wonderful coloring. Today, there are over 100 different color types of koi fish. "What do koi fish symbolize?" By knowing Koi's long history, you can understand why people revere this beautiful fish so deeply.

Many of the attributes of the koi symbolize several lessons and even trials individuals often encounter in life. The koi fish has a powerful and energetic life force, demonstrated by its ability to swim against currents and even travel upstream. Some of the characteristics associated with the koi include: good fortune, success, prosperity, longevity, courage, ambition, and perseverance.

Many of the above described symbolic meanings of koi fish stem from the Chinese legend of the Dragon Gate in which a koi fish swam upstream, through waterfalls and other obstacles to reach the top of the mountain. At the top of the mountain was the "Dragon Gate". The legend says that when the koi finally reached the top, it became a dragon, one of the most auspicious creatures in Chinese culture.

The fish's coloring also has something to do with its symbolism. Certain colors represent certain aspects or outcomes in life.

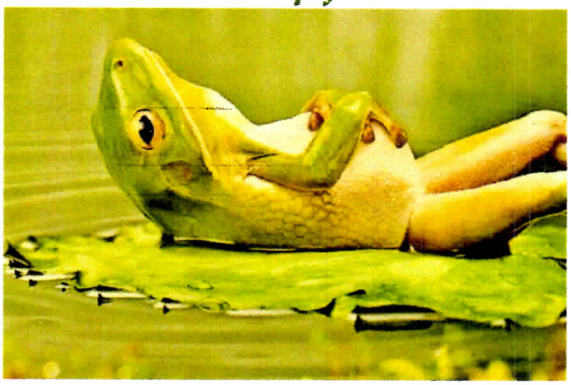
• Kohaku - This koi has a white body with red spots and symbolizes success in your career. • Kumonryu - There are two main variations of this koi. One variation is a koi with a white body and black spots and the other is an all black body. This Kumonryu koi symbolizes life changes and transformations. • Ogon - This solid, silver colored koi symbolically represents success in business and wealth. • Kuchibeni - This white and red patterned koi is often referred to as the "lipstick" fish, because the red coloring around its mouth makes it appear as though the fish is wearing lipstick. Kuchibeni koi represents love and long lasting relationships. • Yamabuki - The Yamabuki koi is gold in coloring and symbolizes riches and wealth.

Yin Yang and the Koi Symbol

In feng shui, the koi is tied to the yin yang symbol. In fact, the black and white tear drops of the yin yang symbol are said to be representations of two koi, one male and one female. The eye of each teardrop is symbolic of the constant watchful eye of the koi. The koi is synonymous with harmony and happiness. The two yin and yang koi complete each other and create a perfect balance of the negative and positive energies of chi energy, which is the life-force of all things on earth.

Ihop The Ponder Frog

Ponders how to help fish overwinter



Your finned friends will do just fine in two feet of water as long as you keep a hole in the ice to allow for gas exchange and re-circulate the water for oxygenation. Any debris left in the pond over the winter will continue to decompose and produce gases that can be harmful to fish. If your pump moves at least 2000 gallons of water per hour, you can run your waterfall throughout the winter. This will keep holes open in the ice as well as help oxygenate the water. When you run your waterfall during the winter, Mother Nature makes extraordinary, natural ice sculptures that result in some especially beautiful winter scenes. Some caution must be taken with ponds that have long or slow-moving streams. Ice dams can form and divert the water over the side of the liner, so if you choose to keep your waterfall running, be extra vigilant.

To successfully over-winter fish, your pond must be at least 750 gallons and a section must be 2' deep. As our geographical area experiences below freezing weather, consider adding a floating de-icer in order to maintain a hole in the ice. Aquascape's '300W De-icer' has a built-in thermostat which will draw current only as required.

A floating heater alone will not oxygenate the water. Large fish, and/or fish in heavily stocked ponds, require water to be actively oxygenated using an aerator in order to guarantee their survival. Ensure you use an aerator that is rated to withstand winter weather such as Aquascape's Pond Air PRO 60. Place the aerator's airstone approximately 12 inches below the water line, to achieve the best bubbling action at the surface, and to help prevent ice formation.

Safely maintain your de-icing equipment by preventing snow from piling too high on the frozen pond surface. Keep the aerator's compressor pump sheltered from too much snow and ice build up by placing it under a deck or simply by covering it with a board and brick. Building a berm with snow or burlap bags to create a wind

barrier for your de-icer is a good idea; this way its heat is not dissipated by the cold wind. Placing the de-icer directly over or near the aerator gives the best results for keeping a hole in the ice open all winter long.

Fall Health and Nutrition:

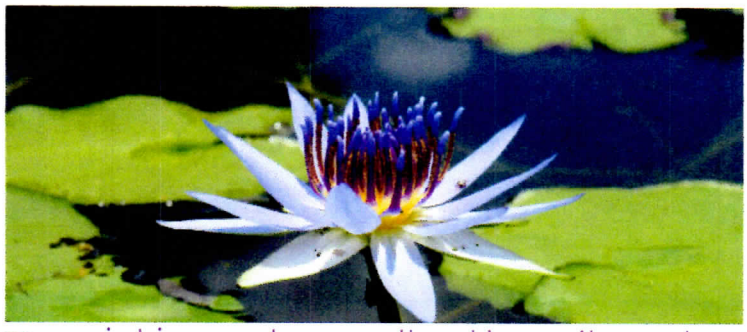
When the water temperature falls below 15°C, the metabolism and digestion of your fish begins to slow down. Aquascape's Premium Cold Water Fish Food is scientifically formulated to properly nourish your fish during these lower temperatures.

Fall is the time to make sure that you are generously feeding your fish. They need plenty of food now so they can store excess nutrients to help get them through the winter months. Now, this is not a license to overfeed your fish! The usual rule still applies ... only feed them what they can eat in three to five minutes. Just make sure you're feeding them regularly.

You may want to consider using Aquascape Pond Fish Vitamin Treat to help your finned friends bulk up even more for the long winter slumber. These worm-shaped treats includes nutrients, lipids and garlic as a control for internal and external parasites.

Continue to feed your fish Aquascape's Premium Cold Water Fish Food as long as they are active and the daytime water temperature is at least 10°C. Be sure to stop feeding your fish when water temperature consistently falls below 10°C for more than a few days. At temperatures below 10°C their metabolism and overall activity slows down while they prepare for hibernation.

Taking a little time and effort to prepare your pond this fall not only helps your fish survive their winter siesta, but makes your spring fish care much easier. Be sure to follow these guidelines so you can experience the greatest joy from your pond pets when spring rolls around once again.



Your mind is a garden, your thoughts are the seeds, you can grow flowers or you can grow weeds

Submit a fishy recipe for our newsletter to trout42@hotmail.com

Mustard Roasted Fish

Ingredients

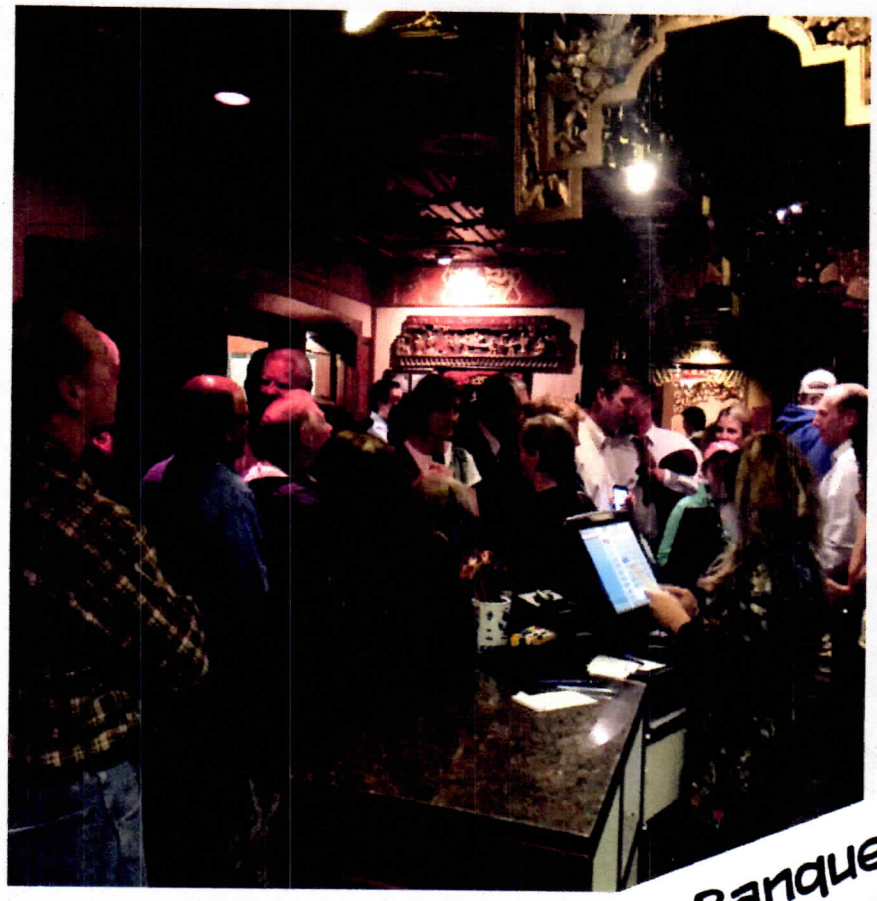
- 4 (8-ounce) fish fillets such as red snapper
- Kosher salt and freshly ground black pepper
- 8 ounces creme fraiche
- 3 tablespoons Dijon mustard
- 1 tablespoon whole-grain mustard
- 2 tablespoons minced shallots
- 2 teaspoons drained capers

Preheat the oven to 425 degrees F.

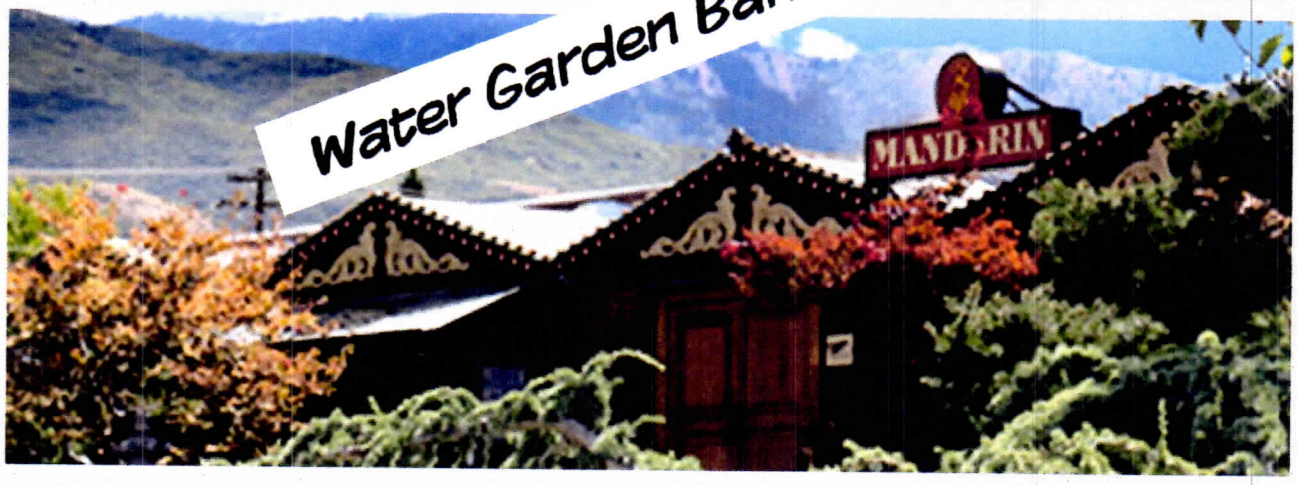
Line a sheet pan with parchment paper. (You can also use an ovenproof baking dish.) Place the fish fillets skin side down on the sheet pan. Sprinkle generously with salt and pepper.

Combine the creme fraiche, 2 mustards, shallots, capers, 1 teaspoon salt, and 1/2 teaspoon pepper in a small bowl. Spoon the sauce evenly over the fish fillets, making sure the fish is completely covered. Bake for 10 to 15 minutes, depending on the thickness of the fish, until it's barely done. (The fish will flake easily at the thickest part when it's done.) Be sure not to overcook it! Serve hot or at room temperature with the sauce from the pan spooned over the top.

Water Garden Banquet 2016



Water Garden Banquet 2016



Photos by our Historian, Daniel Peel