

# Utah Water Garden & Koi Club

September, 2018

Our August meeting was really special. The location was Martin and Diana Heard's absolutely stunning garden and pond.



They have turned their backyard into a true showpiece and if you missed this meeting, you missed out on seeing a beautiful location, eating a terrific meal and enjoying great company. Their pond is just beautiful and they have created several different seating areas on several layers that add tranquility and depth to their yard. Their plantings include several tropical varieties (Yes! In Utah!) and many colorful and interesting annuals and perennials which just make for a superior garden. We had a great turnout and the weather was ideal. We want to thank the Heard's for providing some delicious pulled pork for our dinner and opening their yard for our enjoyment. We hope they will be kind enough to host another meeting next year and/or be in our 2019 pond tour.



Our speaker was Roger Monson from one of our sponsor companies, Landscape Design, and he spoke about using landscape rock and other hardscape materials in the garden to add dimension and texture to outdoor spaces. The talk was followed by a great question and answer session.





**September Meeting**

September 20, 2018 7:00 pm  
Flint Pond  
5310 Baywood Drive Holladay  
Speaker: Julie Flint  
Topic: Her experiences attending The International Waterlily & Water Gardening Society Meeting in San Angelo, Texas

**October Annual Banquet**

October 18, 2018 7:00 pm  
Fratelli Ristorante  
9236 Village Shop Dr., Sandy  
Annual Club Banquet and auction



**What's New?**



**October Annual Banquet – Come one, come all!**

Tickets are now on sale for our annual club banquet. **Tickets are \$30 per person for members and \$40 per person for non-members.** This is our end of year bash and we want to fill the restaurant with fellow ponders for a wonderful Italian Dinner. We will be selling tickets at the September meeting on September 20. If you won't be at the September meeting, contact Daniel Peel or Sherry Avellar to purchase tickets.

**Secretary:** Sherry Avellar 801-664-9528  
(trout42@hotmail.com)

**Treasurer:** Daniel Peel 435-660-0784  
(danielpeel@me.com)

**TICKETS WILL NOT BE AVAILABLE AT THE BANQUET.** You must purchase them ahead of time as we have to give a count to the restaurant to ensure you get the meal you requested.

If you haven't checked out our club web site lately, now would be a great time to check it out. The website has been updated and re-vamped to include some new photos and past copies of the club newsletter. So, if you would like to go check it out, you can find it at:

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

# The Koi Spot



## Acclimating Koi

Acclimation is the process of gently introducing a Koi into a new environment.

There are many reasons why you may need to acclimate a Koi fish into a new pond or tank. You may have purchased a new Koi and are bringing it home to a quarantine tank. You might have to bring your Koi indoors in the fall. Other reasons include:

- Moving a sick Koi to a hospital tank
- Moving to a new house
- Your fish is a Koi show entrant

## Quarantine

Because water gardens, goldfish ponds and koi ponds tend to be closed systems it is recommended that all new fish are placed in a quarantine tank for 5 to 7 days to observe any unusual reactions. A quarantine tank should be well aerated and filled with 50 percent pond water and 50 percent dechlorinated tap water. This quarantine period will give your new fish time for an infection to show itself before entering the pond as well as allow time for an immunity to build up against whatever is already within your pond.

If your fish are being transported in a plastic bag the method for introducing them to their new environment is the same whether you are adding them directly to your pond or into a fish quarantine tank. Once you get your fish home or they arrive on your doorstep visually inspect your fish before opening the bag.

If the fish appear stressed, like they are gasping for air or lying on their side, immediately place the bag in your pond or fish quarantine tank. Open the bag

and add about one gallon of pond water to the bag and wait 3 to 5 minutes.

Add another gallon of pond water and wait another 3 to 5 minutes before releasing them into your pond. When adding fish to water gardens or ponds with liners it is best to scoop the fish out of the bag and place them into the pond to keep as much water from the bag out of your pond.

## Temperature

The most important factor when introducing a Koi into a new pond is equalizing the temperature of the bag water with the water in the pond or quarantine tank. A sudden temperature change will interfere with your Koi's metabolism and could possibly kill the fish. Slowly acclimating the fish will allow their metabolism to accommodate the change in temperature.

A Koi can withstand a 20-degree Fahrenheit temperature swing during acclimation. A larger difference in temperature should be avoided. Consider adjusting the temperature of the new body of water the Koi will reside in to bring it within 20 degrees F of the old pond. It is easier for a Koi to adjust to a warmer temperature than for it to adjust to a colder temperature.

## Acclimation Steps

1. The pond or tank the fish is going into should have pristine water quality. Moving and acclimating a Koi is hard enough without having to deal with poor water quality.
2. Float the bag or tub the Koi is in for 1/2 hour (longer if the temperature change is greater than 10 degrees F). Be sure to shade the fish from direct sunlight to ensure that the temperature inside the bag does not rise too quickly
3. Scoop the Koi out of the bag with your hands or a sock net. Do not use a regular net, it will strip off the slime coat when you raise the fish out of the water.
4. Discard the bag water. Do not dump it into the pond, it contains fish waste and the water will have unstable pH level.
5. Cover the tank with a net. Koi are jumpy when their surroundings change.

- Place one or more (depending on the size of the tank or pond) pieces of Styrofoam that are one to two square feet in size over the net. This will provide a place for the Koi to hide under while they are adjusting to their new home.

## Old Style

If you're thinking, "Wait a sec, aren't I supposed to slowly introduce the Koi to the new pond water?", then you are partially correct. The old school of thinking was:

To float the bag for 20 minutes, open it up and then add 25 percent water. Repeating until bag barely floats and then releasing the Koi.

or,

Dump the water and the Koi into a tub. Float the tub in the pond and slowly add water for half an hour.

Now the general consensus is that equalizing the temperature and getting the Koi out of the foul bag water as soon as possible is better than equalizing all of the water parameters before introducing a Koi into your pond. A quick pH change is thought to do less harm than having the Koi immersed in water that is high in Ammonia and CO<sub>2</sub> for an extended period of time.

## Other Considerations

Adding too many fish at one time, especially to a new pond, can result in poor water quality (high ammonia, nitrite) which almost always leads to fish disease. If you have a small pond, 500 gallons or less, add no more than 6 small fish (3"-4"). If you have a larger pond you can add 5 or 6 larger fish (5"-6") etc. Adding a reasonable number of fish allows your biological filter to adapt to the increased waste produced by the new fish and prevent water quality problems.

It is best not to feed the pond on the same day as adding new fish, and feed very sparingly for the next few days to allow the filter bacteria to build up and cope with the increased bioload. Monitor the new fish closely for the first week, paying particular attention to water quality via your test kit and checking that the filter is working correctly.

Yeah! Moving Day!



## IHOP The Ponder Frog...



## Ponders Tips for Preparing Your Pond Plants for Fall



As fall comes into full swing, the days become shorter, with less hours of sunlight. The temperatures slowly start to drop, chilly breezes giving a taste of winter. The first official day of fall is September 22nd, but summer weather can linger, keeping the days warm until November or even early December. During the year, you've worked hard to keep your pond plants healthy and vibrant. Plants need to be prepared for the cooler fall weather, particularly for the first frost, so they can stay strong until spring.

Plants range in "hardiness," or how resilient they are to harsh weather conditions. You can check a plant hardiness zone map to see which zone you live in, and which plants are suited for your winters. In Utah, the hardiness zone varies between

4 and 6, depending on where you live. Most gardens in Salt Lake City are in zone 5 with a minimum temperature ranging from -10 to -20 degrees Fahrenheit. Hardy pond plants need a little TLC, and they are ready to ride out the cold weather in the pond. Less hardy plants that are better suited for warmer weather (typically tropical varieties) need to be relocated indoors or replanted in the spring. It can be expensive to repurchase new plants each spring. You can prepare your pond plants so they will last through the first fall frost and throughout winter.

During fall the goal is to keep the water as clean as possible, minimizing the amount of debris in the water. Leaves are a major battle. Organic material like leaves and lawn clippings that make their way into your pond during fall, start breaking down and releases harmful gases during the wintertime. As the surface freezes, it's harder for gases to escape and oxygen levels can drop. Scooping out any leaves, grass, trimming back plants, and not overfeeding fish, will help keep the water healthy throughout winter. Fish need less food as the temperatures drop so be careful to prevent overfeeding.

### Tips for preparing your plants for fall:

#### Floating Plants

*Water Hyacinth, Water Lettuce, and Frogbit*

Floating plants are not very hardy. They should be removed from the pond before the first freeze. You can use them for compost to help fertilize other plants, or you can try to keep them indoors until spring. Floating plants require warm water (70°F or warmer) and lots of sunlight.

#### "Hardy" Marginals

*Soft Stem Rush, Brooklime, and Variegated Water Celery*

These marginals can handle cold weather and freezing temperatures. You can leave them in your pond throughout fall and winter. Once the leaves begin to turn yellow and brown (typically after the first freeze), you should stop fertilizing. The fertilizer can turn into excess nutrients in the pond. Trim the dying parts of the plant away, leaving around 2 inches of plant above the surface.

## **“Tropical” Marginals**

### *Papyrus, Canna, and Bluebell*

Tropical plants enjoy sunlight and warm weather; they will not survive the winter. You can treat them as a garden annual, and replace them each season. If you want to try to keep them until spring, you can put them in a pot with no holes and move them indoors before the first freeze. You want to use heavy garden soil and place them in a warm place that receives the most amount of sunlight and humidity. Once spring arrives, and the sunlight warms the pond back up, you can transfer the tropical marginals back into the water and fertilize as normal.

## **“Hardy” Water Lilies**

If your pond doesn't freeze all of the way through, these water lilies can be kept in the pond throughout winter. Once the water lilies' flowers turn yellow and become less frequent, you should trim the existing leaves 2 to 4 inches above the crown. You can then place the pot in the deepest part of the pond.

## **“Tropical” Water Lilies**

These lilies can keep flowering up until the first frost, afterwards they should be moved inside or composted. If moved inside, they should be kept in water that is warmer than 50°F. It is hard to keep tropical lilies healthy until spring, they are susceptible to tuber rot and mold. It may be easier to treat them as annuals and add brand new lilies to your pond in the spring.

## **Lotus**

Lotus plants need to be carefully trimmed. The leaves should be trimmed back once they are brown and beginning to die, if they are trimmed while still green, the plant's tuber can become infected with disease. Lotus will not survive in the shallow parts of the pond that will freeze through, they need to be moved to the deepest part of the pond, below the freezing water. After the winter, they should (hopefully) emerge as healthy happy plants!



Fall can be a bittersweet season, the changing leaves and cool breezes remind us that summer has ended, and winter is coming. In most places, outdoor water gardening pauses in winter and doesn't resume until spring. Your pond may be shut down for a few months, your fish sluggish, and your plants bare. You may feel a little glum, but there are plenty of fun indoor projects to keep your busy until spring, when you can tackle your gardening wish-list! Preparing your plants for the fall will get them ready for winter, so they can blossom in the spring. The extra care will help keep your pond water healthy, and save you money. Your plants will greet you in the spring, and you can start water gardening again!

# Random Thoughts

The Avellar's were asked about the variety of one of their plants during the pond tour and we thought we would share some information about this beautiful plant with you.



**Brunnera macrophylla 'Jack Frost'** *Brunnera macrophylla*, commonly called Siberian bugloss, is a rhizomatous, clump-forming perennial that is primarily grown in shady areas for its attractive heart-shaped, dark green, basal foliage. Small, forget-me-not-like flowers of light blue with yellow centers bloom in airy, branched racemes rising well above the foliage on slender stems to 18" tall in spring. Basal leaves form a foliage mound which remains attractive throughout the growing season. Smaller upper leaves are elliptic. Common name of bugloss comes from Greek meaning ox tongue in probable reference to the roughness and shape of the leaves. 'Jack Frost' leaves are a distinctive silvery white with green primary and secondary veins and a thin green rim around the leaf edges. No serious insect or disease problems. Slugs and snails are occasional visitors.

## Garden Uses

Specimen, groups or mass as a ground cover. Borders, woodland gardens, naturalized areas or along streams or ponds.



A banana is  
105 calories

A shot of whiskey is  
80 calories

Choose wisely







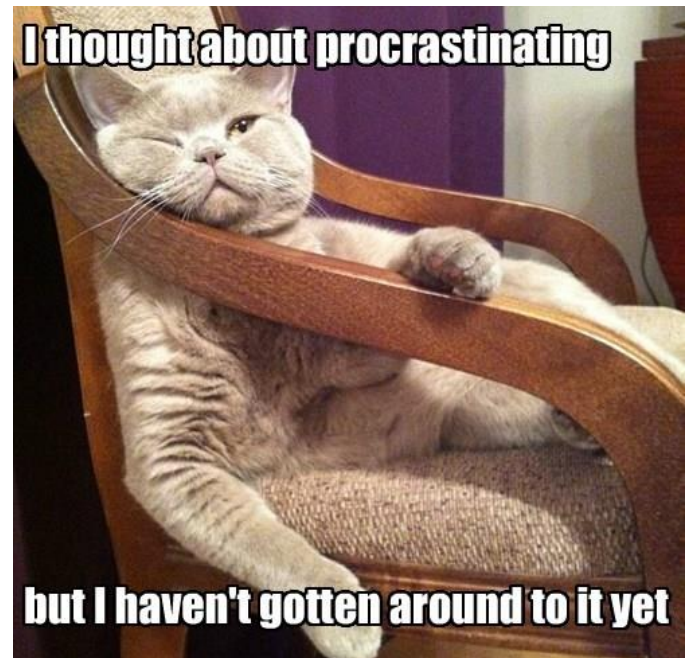
What does scary Halloween masks, frost on the pumpkin, and falling leaves have in common? They all appear during election season and this fall is no exception. We need volunteers to run for vice-president, treasurer and one board member position. Only eligible club members can hold elected office. We will be holding elections at the October banquet.

Please submit your name, or someone else's name as a nominee to our club Secretary, Sherry Avellar at [trout42@hotmail.com](mailto:trout42@hotmail.com). Names should be submitted no later than October 1. Terms of service are two years for officers, and three years for board members.

Our club officer/board member team is very supportive, fun and helpful to each other. We try to spread the workload and not overly burden any

one person. Come join us if you would like to help our club flourish.

Don't be like Murphy here and procrastinate - submit a nomination today!



**Club Silent Auction to be held at the annual banquet on October 18.**



Once again, it is time to go through your garage, basement, attic and dumpster for items to donate to our club silent auction. Well, maybe not that kind of stuff, but we would love to have artwork, yard art, gardening implements or other fun items that would be someone else's treasure. Maybe a gift certificate to your favorite restaurant. Please look around and get your items to Rosie Cobbley by October 13.



## The Pond Trading Post



The Pond Trading Post is a forum to trade or adopt plants, fish, amphibians, single socks or small children. Please email Sherry and Gil Avellar at [trout42@hotmail.com](mailto:trout42@hotmail.com) with a short description of what you would like to adopt out or what you might be seeking for your pond. Please provide contact information as well.



A pre-formed PVC shallow pond. About 18"-2' deep. Great bog for plants buried in the ground or a lily pond. Too small for koi but could accommodate a few goldfish. Free. Contact Shirley Simmonds 702-302-6315

I have a two-year-old ShinMaywa pump that was used for my waterfall ran only for two hours a day for two seasons that I am selling runs great just upgraded to a bigger pump best offer or trade will be considered

### **SHN04 - 50CR2.75S -7000gph**

- 1 HP
- 10.0 amps
- 48 ft shut off
- 2" discharge
- 1.25" solids
- 48' max head
- weight: 18.7 pounds

New cost is 679.00

Best offer or trade

Call Kevin 801 232 6559



Have a good fishy recipe? Submit it for our newsletter to [trout42@hotmail.com](mailto:trout42@hotmail.com)

## Shrimp Pasta with Creamy Mozzarella Sauce

### Prep Time

30 mins

### Cook Time

30 mins

Delicious shrimp pasta with mozzarella cheese alfredo sauce made from scratch with sun-dried tomatoes, basil, red pepper flakes, paprika and cream. You'll have a perfectly cooked shrimp: soft and tender and never dry or rubbery!

### Ingredients

#### Pasta:

- 8 oz penne pasta (for gluten free version, use gluten free brown rice pasta)

#### Shrimp:

- 2 tablespoons olive oil (drained from sun-dried tomatoes jar or just use regular olive oil)
- 1 pound shrimp (without shells, and deveined)
- 3 garlic cloves minced
- 1/4 teaspoon salt

#### Sauce:

- 4 oz sun-dried tomatoes (without oil)
- 4 garlic cloves, minced
- 1 cup half and half
- 1 cup mozzarella cheese, shredded (never frozen)
- 1 tablespoon dried basil (if using fresh basil, you can add more)
- 1/4 teaspoon red pepper flakes, crushed, add more to taste
- 1/8 teaspoon paprika
- 1/2 cup reserved cooked pasta water (or more)
- 1/4 teaspoon salt

### Instructions

1. Cook pasta according to package instructions. Reserve some cooked pasta water. Drain the pasta.
2. **Note:** if using sun-dried tomatoes in oil (in a jar), make sure to drain sun-dried tomatoes from oil, before using them. Reserve 2 tablespoons of this drained oil for sautéing the shrimp as described below:
3. Heat 2 tablespoons olive oil (reserved from the sun-dried tomatoes jar - see note above, or use regular olive oil) in a large skillet on medium-high heat. Add shrimp, minced garlic and cook the shrimp on one side for about 1 minute, until shrimp turns pink or golden brown on that side. While

it cooks, sprinkle the top of shrimp with salt to cover every single shrimp. Make sure not to crowd the shrimp in the skillet, otherwise moisture will form and shrimp won't sear right. After 1 minute, Flip the shrimp over to the other side and cook for about 30 seconds or 1 minute more. The shrimp should be golden color or pink on both sides and not overcooked.

4. Remove the shrimp to a plate, being careful to leave all the oil in the skillet.
5. To the same skillet, add sun-dried tomatoes (drained from oil and sliced into smaller chunks, if needed) and more minced garlic, and sauté in olive oil (remaining from shrimp) on medium heat, stirring, for 1 minute until the garlic is fragrant. The skillet should be hot.
6. Add half and half to the hot skillet with sun-dried tomatoes and bring to boil. Add shredded cheese to the skillet, and stir in while boiling. Immediately reduce to simmer and cook, constantly stirring, until all the cheese melts and the creamy sauce forms. If the sauce is too thick, add a small amount of half and half or reserved cooked pasta water. Add basil, crushed red pepper flakes, paprika. Stir.
7. Add 1/4 teaspoon of salt gradually, stirring on low heat and tasting (you might need slightly less than 1/4 teaspoon).
8. Add cooked pasta to the sauce, and reheat gently on medium heat. Add the cooked shrimp, stir it in. Taste, and add more salt, if needed. Add a small amount of half and half or reserved cooked pasta water, if the sauce is too thick. Let everything simmer on low heat for a couple of minutes for flavors to combine.
9. **Note:** Make sure to salt the dish just enough to bring out of the flavors of basil and sun-dried tomatoes.

Serve with a nice French Rose such as Chateau de Campuget “Tradition de Campuget Rose, Costieres de Nimes, France

## Club Officers 2018

**President:** Richard Cobbley 801-641-0179 ([randrcobb@comcast.net](mailto:randrcobb@comcast.net))

**Vice-President:** Julie Flint 801-274-3040 ([jam199@comcast.net](mailto:jam199@comcast.net))

**Secretary:** Sherry Avellar 801-664-9528 ([trout42@hotmail.com](mailto:trout42@hotmail.com))

**Treasurer:** Daniel Peel 435-660-0784 ([danielpeel@me.com](mailto:danielpeel@me.com))

## Board Members

Sterling Herrmann 801-560-0745 ([oahuheather@gmail.com](mailto:oahuheather@gmail.com))

Brett Reynolds 801-272-2541 ([brett@reynoldsgraphics.com](mailto:brett@reynoldsgraphics.com))

Nancy Aoyagi 801-712-9484 ([avon\\_naoyagi@hotmail.com](mailto:avon_naoyagi@hotmail.com))

Shirley Simmonds 702-302-6315 ([shirjonevermore@gmail.com](mailto:shirjonevermore@gmail.com))

## Club Historian

Lewis Wayman 801-916-2500 ([lwayman@stylecraftframe.com](mailto:lwayman@stylecraftframe.com))

## 2018 POND TOUR SPONSORS

The officers are starting to solicit support for our club by approaching past sponsors and encouraging new sponsors to join. We will be expanding this list as we get commitments so stay tuned!

Please visit our merchants who have been so generous in sponsoring this pond tour. Without their help we would not be able to provide the quality tour books and put on as great a tour as people in the community have come to appreciate. Keep this book for future reference. If you are planning on building a pond, the sponsors listed here will be glad to offer help and advice along with the best prices in town. The pond tour book is also a handy phone book to many of the pond suppliers in Utah, as well as an address guide of your future friends, should you join our club!

<b>Ann Elizabeth</b>	<b><a href="http://www.annelizabeth.com/">http://www.annelizabeth.com/</a></b>	<b>Salt Lake City</b>
<b>Cactus &amp; Tropicals</b>	<b><a href="http://www.cactusandtropicals.com/">www.cactusandtropicals.com/</a></b>	<b>Various Locations</b>
<b>Glover Nursery</b>	<b><a href="http://www.glovernursery.com/">http://www.glovernursery.com/</a></b>	<b>W. Jordan</b>
<b>House of Pumps</b>	<b><a href="http://www.houseofpumps.com/">http://www.houseofpumps.com/</a></b>	<b>Sandy</b>
<b>IFA Country Stores</b>	<b><a href="http://ifa-coop.com/">http://ifa-coop.com/</a></b>	<b>Various Locations</b>
<b>Landscape Center</b>	<b><a href="http://asphaltmaterials.net/landscape-center/">http://asphaltmaterials.net/landscape-center/</a></b>	<b>W. Jordan</b>
<b>Landscape Lighting Pro</b>	<b><a href="http://www.utahlights.com/">http://www.utahlights.com/</a></b>	<b>Midvale</b>
<b>Millcreek Gardens</b>	<b><a href="http://www.millcreekgardens.com/">http://www.millcreekgardens.com/</a></b>	<b>Salt Lake City</b>
<b>Pendleton Design Management</b>	<b><a href="http://www.pendletondm.com/">http://www.pendletondm.com/</a></b>	<b>Sandy</b>
<b>Steve Regan Co.</b>	<b><a href="http://www.steveregan.com/">http://www.steveregan.com/</a></b>	<b>Various Locations</b>
<b>Utah Water Garden</b>	<b><a href="http://utahwatergardens.com/">http://utahwatergardens.com/</a></b>	<b>Salt Lake City</b>
<b>Ward and Child</b>	<b>See them on Facebook</b>	<b>Salt Lake City</b>
<b>Wasatch Shadows</b>	<b><a href="http://wasatchshadows.com/">http://wasatchshadows.com/</a></b>	<b>Various Locations</b>

Last but not least, thank-you to all of our members and pond tour homes. Without all of your help we would not be able to put on such nice tours.