

RIVER VALLEY GARDEN CLUB

A PLACE TO GROW

OCTOBER 2017

VOLUME 15, ISSUE 2

HERE'S THE DIRT

Rooting for You

Nancy Clark, RVGC President

Recruiting new members

I've been hearing a lot lately about a noticeable decline in club membership – not just within our Club, or garden clubs, but social organizations in general. There are many reasons, most significant is that nowadays, potential members in their 40's and 50's are still working and have families to take care of. And attending meetings or events on weekdays is just out of the question.

So one of my objectives this year will be to establish a new Membership Recruitment Committee that will identify ways to recruit new members.

In doing some initial research, what entices members is:

- Community Beautification Projects;
- Great Speakers: Gardening enthusiasts have a thirst for knowledge;
- To have Fun (through field trips, parties, and workshops);
- Friendships; and
- Sharing a Love of Gardening.

I think we already do an awesome job in these areas, but we can certainly take a look at ways in which we could make them more attractive to potential new members.

Some ideas for recruiting new members could include:

- creating a New Member Packet,
- setting up mentors,
- scheduling some events on weekends;
- and involving new members on committees and projects.

One of the great strengths of our Club is the wealth of information members contribute and the support that they lend. So if you have ideas or would like to join the committee, please get in touch with me.



CORPSE FLOWER

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Program: Ikebana Arranging 10/24

Mary Zellem, VP Programs

So. You like flowers in your house? It's easy to buy a bouquet from Trader Joe's and stick it in a vase isn't it? They look fine, right? *Be truthful now.* Don't you eye those flowers, shove them around, and try to put some artistry into that arrangement? Don't you sigh and wish that you could do something *more* with those innocent blooms other than arrange them by height and color in a rather pedestrian vase?

Guess what? You can learn how.

By now you have probably figured out that Ikebana isn't a type of new-fangled sushi. Ikebana is a disciplined art form in which nature and humanity are brought together. The term means "to arrange and give life to flowers". Ikebana floral arrangements not only include blooms, but also emphasize other parts of the plant, such as stems and leaves, and draw emphasis toward shape, line, form. Another aspect of Ikebana is its employment of minimalism and creative expression. Ikebana is an extraordinary art form and with a little knowledge you can make those Trader Joe's bouquets sing.

Meet Adrienne Chattot and Julie Fong - Ikebana gurus. Adrienne has attained an advanced level of teaching and has continued her training with master teacher Kika Shibata for over ten years. With a BFA and MFA it is no surprise that Adrienne is a professional artist and art history teacher. Her arrangements have won awards and received Best in Show at the KVIE Auction in 2008.

Julie Fong's background is in corporate business and as a child she studied Ikebana. As the exclusive Floral Designer for Michael's Arts and Crafts in Sacramento, Julie worked with permanent flowers creating special order and everyday arrangements. However, she missed the creative aspect of working with natural materials. Thus, she returned to Ikebana. Seeing the beauty in nature and working with the natural curves and imperfections that nature provides is Julie's favorite past time.

Adrienne and Julie will be demonstrating three styles of Ikebana arrangements - basic upright, basic slanted, and freestyle. *Do not miss* this opportunity to learn how to breath life and style into those Trader Joe's bouquets. Your world will be the better for it.



Photo Adventure 2017

Inge King, Chair

And so we are at the end of another amazing Photo Adventure, with the most astounding photos by you fantabulous gardening girls! Yes, girls. Not one entry from our magnificent men! Come on you guys, join in.

The interpretations of the four categories was awe inspiring, a darling baby snail, adult snails at lunch, mayhem ducks, bottle of red wine to love, Monet's garden, exquisite flowers. There is no end to your talents. Hang your pictures with pride. Congratulations to everyone – the Adventure was outstanding.

The decisions selecting the winning photos was indeed an onerous task, tackled with boldness and grit by our husbands – thank you dear husbands.

A great big appreciation for the untiring support of my 'committee', I could not have remained compos mentis without them - Sandra Anderson, Irene Slavens and Fran Hawkins who will be next year's Chair, leading our new Adventure in 2018.

RVGC Photo Adventure 2017 Winners

Overall Photo Adventurer: Ellison Cowles

Catagories

Mischief and Mayhem in the Garden

1. Ellison Cowles
2. Donna Parker
3. Bonnie Kyser

Red in my Garden

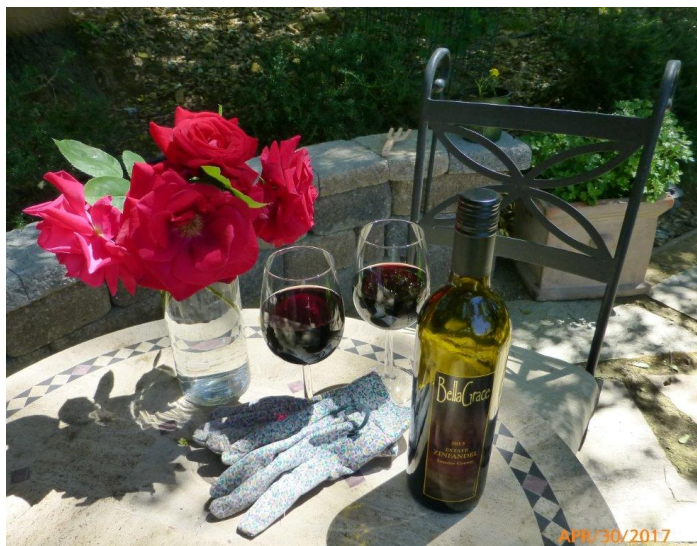
1. Bonnie Kyser
2. Mary Zellem
3. Christine Wassermann
4. Honorable mention Pam McCabe.

What Love Looks Like in My Garden

1. Irene Slavens
2. Ellison Cowles and overall
3. Jeannie Holler

Quirky Bird Feeder and Bird

1. Ellison Cowles
2. Irene Slavens
3. Vicky Casares



Overall winner - What Love Looks Like in My Garden.
Ellison Cowles



Quirky Bird Feeder. Irene Slavens

With a tip of the hat to Halloween, Meet the Corpse Flower

The corpse flower, also known as titan arum and *Amorphophallus titanum*, is native to the tropical rainforest of the Sumatran jungles. Considered the largest flower in the world, in its natural habitat a corpse flower can grow up to 12 feet tall. Indeed, the flower is the world's largest unbranched inflorescence. That is, it is actually a cluster of hundreds of flowers that looks like a single flower. (Sunflowers are also inflorescences.) Corpse flowers are monstrous, showy, and, well, they stink. *Really* stink. Hence, the name.

Why does this plant smell so bad? To attract pollinators like the carrion beetle and flies. Since these insects typically eat dead flesh, the smell and color of the corpse flower mimics a dead animal. Corpse flowers have the same chemical components as rotting fish, sweaty socks, moth balls and garlic. *Nice*.

Its life cycle is about 40 years and it takes so much energy to produce a flower that each corpse plant blooms only every seven to ten years. In between, the plant sends up a single leaf which can reach 20 feet in height. Each year, the old leaf dies and a new one grows in its place. When the corm has stored enough energy, it becomes dormant for about four months. Then, the process repeats. Blooming takes about 30 days from start to finish. Once the plant blooms, the massive flower is sadly short-lived. After the second day the inflorescence closes up, collapses and starts to wither just 4 days after opening.

If you desire to be a proud owner of one of these smelly delights, heed the following information:

1. Be prepared to dig deep into your wallet as a retail plant will set you back around \$78. If you're feeling flush, you can purchase it [here](#).
2. The corpse flower is a tropical plant, thus it should be grown in a pot because it needs to be taken inside during winter.
3. Hopefully, you possess a ton of patience. If all goes well, in 8 to 10 years after you purchase a retail sized Corpse plant, you *could* get a stinky flower.
4. You also might want to invest in a hand truck, because the Corpse plant has the world's largest known corm, sometimes weighing up to 220 lbs.

Other than that, life with your Corpse plant should be quite uneventful. After all, it's not like it does much. But when it does, it's a doozie.



For a **stunning time lapse video**, click this link to see [Alice the Amorphophallus](#) open for a brief moment in time, at the Chicago Botanic Garden.

YOU HAVE GOT



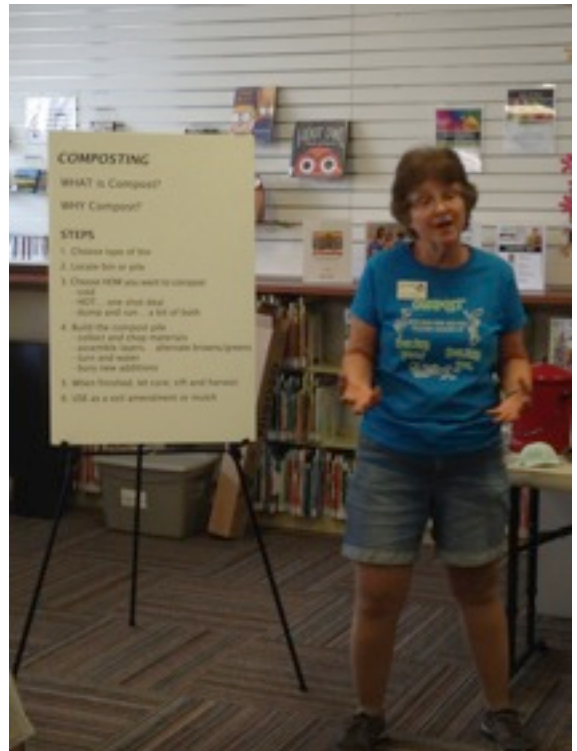
TO SEE THIS!

Workshop Followup: Composting - 9/16

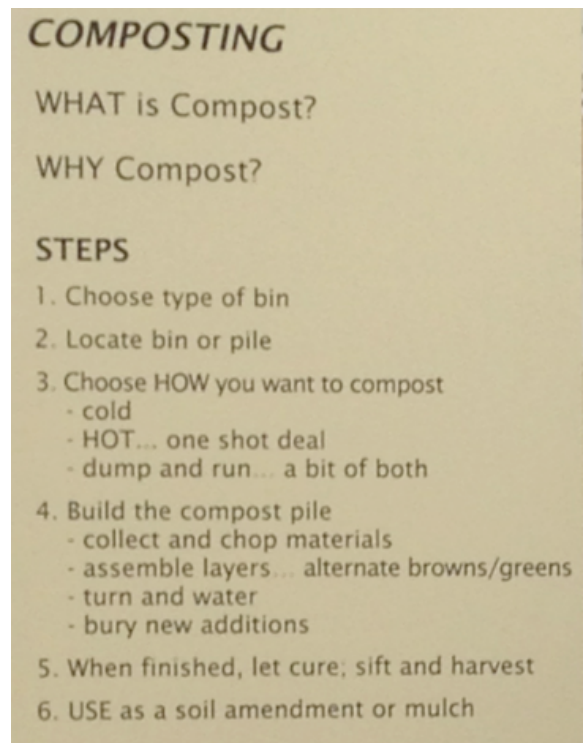
Ellison Cowles, Workshop Committee Chair

What smells like decaying organic substances, rain on a summer's eve, and is a home for a plethora of night crawlers? Compost, of course! This wonderful workshop was presented by Master Gardener Susan Mucky, from the UCCE Master Gardeners of Sacramento County. The workshop was held at the Orangevale Library on September 16.

It wasn't surprising to learn that hot composting works twice as fast as cold composting. A 3' x 3' pile of green waste combined with dirt, or even better, a bag of steer manure, mixed together and lightly dampened, will heat to 160 degrees from decomposition, even in the shade! Throw in lawn cuttings, kitchen vegetable waste (no meat products), dried leaves and even twigs, and cover the compost pile with a sheet of thick black plastic held down by bricks in the corners. Turn the compost every couple of weeks. You should be able to put your hand inside the pile and feel the warmth. This recipe can cook you up a pot of black gold even over the winter. Better yet, it's free folks!



Susan Mucky. Yes, Mucky.



*Gardens are not made by singing 'Oh, how beautiful,' and sitting in the shade.
— Rudyard Kipling*

Events, Fall Sales, and Reminders



REMINDER: Fall Sale

When: **Saturday, October 7, 2017, 10 a.m. to 4 p.m.**

Where: **Shepard Garden & Art Center, 3330 McKinley Blvd, Sacramento**

If you're a bamboo lover, the elusive Sean from [Mad Man Bamboo](#) will be making a rare appearance at the Shepard Arts and Garden Center in Sacramento's McKinley Park. He will be offering mostly clumping bamboo plants with some unique running bamboo plants. Plants are sold on a first come, first served basis. Early arrival is recommended for best plant selection. To verify varieties before driving long distances, you can text Sean at (916) 300-6335.

REMINDER: Fall Sale

When: **Saturday, October 7, 2017, 10 a.m. to 4 p.m.**

Where: **Shepard Garden & Art Center, 3330 McKinley Blvd, Sacramento**

Clubs belonging to the Sacramento River Valley District will be participating in the SGAAC fall sale by offering craft/garden/holiday items for sale. Berniece Jones has gathered and created items that will be RVGC's contribution to the district event. Creations include cute pumpkin ghosts created from gourds and festive reindeer cleverly constructed from the base of palm fronds. Berniece is also accepting plant donations for the event.



FALL SALE: Exotic Plants, Ltd., Tent Sale and Free Bonsai Workshop

When: **Sunday, October 7, 2017, 10 a.m. to 3 p.m.**

Where: **Exotic Plants Ltd., 1833 Howe Ave., Sacramento**

Exotic Plants, Ltd. specializes in exotic indoor plants and unique living arrangements. Among the large selection of indoor plants they carry are tropical plants, indoor trees, orchids, bromeliads, air plants, palms, fiddle leaf figs, ficus, succulents, indoor palms, bonsai, Dracaenas, Sansevierias, ZZ's, carnivorous plants and plants for terrariums. Find some great deals on palms, orchids, bromeliads, and other "gently used" plants at the tent sale.



Workshop: Cloche Creation: 10/18

Ellison Cowles, Workshop chair

What is a wire cloche? Protection folks. Want to sacrifice your young plants to deer or rabbits?

I don't either.

Cloches are chicken wire formed into a dome with a knob attached to lift it. It covers and protects a tender plant so that no other creature, but you, can get to it. You're going to find that knowing how to create a cloche is really useful knowledge to have.

Bring your garden gloves, wire snippers, something you'd like to use for a knob if you want, and I will provide the wire, alternative knobs, and instruction.



A Closer Look at U.C. Berkeley Botanical Tour

Nancy Compton, Field Trip Chair

Our first scheduled tour of the 2017-2018 year will be to the beautiful Botanical Gardens at U.C. Berkeley. This is a 34-acre botanical garden that boasts one of the most diverse landscapes in the world, with over 10,000 types of plants, including many rare and endangered species.

U.C. Berkeley prides itself in furthering conservation of plant diversity, and promoting public understanding and appreciation of plants and the natural environment.

Initially planned as a bus trip, the updated plan is that we will carpool to the gardens. Here is the schedule:

- Meet at the RMA building at 7:45 a.m.
- Tour of the botanical gardens begins at 11 a.m. and will focus on Plants of the World. Depending upon what time we actually arrive, we should have enough time to enjoy the gardens prior to our tour. Admission is \$10.
- Lunch: Spengers Fish Grotto – a well-known seafood restaurant in Berkeley.
- Afternoon: Visit Orchard Nursery and Florist in Lafayette.

In addition to plants and garden items, Orchard Nursery has a gift shop selling jewelry, candles, wreaths, glassware, potpourri, and more. Think Christmas shopping!

Please contact Nancy Compton at ncompton43@att.net or via cell phone at (916) 600-1992 to register for this trip.



2017-2018 Programs and Workshops (to date)

Oh the places you'll go!
- Dr. Seuss

Date	Type	Provider	Location	Details	Cost/Transp.
Oct. 7, 2017	Workshop	Exotic Plants, Inc.	1833 Howe Ave.	See Page 11	Free!
Oct. 16, 2017	Field Trip	Co-sponsored by RVGC & Arden Park Garden Club	UC Berkeley	Tour includes lunch at Spengers and an afternoon tour at Orchard Nursery in Lafayette. Co-sponsored by RVGC and Arden Park Garden Club. Entertainment on the bus includes games, quizzes, and guaranteed fun!	Meet at RMA Building at 7:45 a.m. We will carpool to La Sierra Park to meet up with the Arden Park Club members, then on to Berkeley. Our tour will begin at 11 a.m. Cost: Only \$10. Cost of lunch depends upon what you order.
Oct. 18, 2017	Workshop	Ellison Cowles	6507 Via Sereno	Wire Cloche Know How	Free. Call 549-0379
Oct. 24, 2017	Program	Julie Fong & Adrienne Chattot	RMA Bldg.	Ikebana Arranging	
Nov. 14, 2017	Program	Ellison Cowles	6507 Via Sereno	Make a Vacation Plant	Free. Call 549-0379. Bring your own materials
Nov. 15, 2017	Field Trip	Effie Yeaw Nature Center	Carmichael	Hike with a Naturalist begins at 10 a.m., for one hour. Tour includes time to visit nature center. Lunch at local restaurant and visit to Fair Oaks Nursery.	Total of \$85 – so depends upon how many sign up as to individual cost
Dec. 3, 2017	Holiday Party	RVGC	RMA Bldg.	The RVGC annual Holiday Party is Sunday, Dec. 3rd at the RMA Bldg. from 3pm - 6pm More info to come.	
Dec 5, 2017	Field Trip	Alden Lane Nursery, Livermore		To attend a festive Holiday Decorating event that includes a demonstration of holiday decorating with live greens, and how to make Christmas arrangements. Lunch will be provided, along with the instructional holiday décor presentation, tour of the nursery grounds, and shopping – which includes gift wrap.	\$20/person. Presently we have reservations for 10 people. Deadline: November 30 Checks payable to Nancy Compton (who has prepaid for 10 people) Carpool (it's about a 1 ! hour drive)
Dec. 8, 2017	Field Trip	Historic Folsom Holiday Tour	Folsom	Tour beautifully decorated homes, museums, and churches, all decked out for the holidays. Shop in gift boutique! This is a fund raiser for the Murer House and the Folsom Historical Society. Lunch in a local restaurant.	\$18 each, for a group of 8 or more.
January	Workshop	TBA	TBA	TBA	
Jan 23, 2018	Program	Chris Strutz	RMA Bldg.	All About Fertilizers	
Feb. 27, 2018	Program	Chuck Cottam	RMA Bldg.	Building a Koi Pond in Your Garden	
Mar 27, 2018	Program	Chef Johnny	RMA Bldg.	TBA	
Apr 24, 2018	Program	Betty Bloom	RMA Bldg.	All About Orchids	
May 22, 2018	Program	Chris Huey	RMA Bldg.	Penny Pines and the Eldorado Forest	



Four Ways to Refresh Your Summer Container Gardens for Fall

Excerpted from Houzz online

Transition potted displays from summer to fall with long-lasting foliage, dramatic grasses and standout blooms.



1. Plant an ornamental grass for instant drama.

To give some serious pizzazz to existing container gardens by adding just one plant, reach for purple fountain grass (*Pennisetum setaceum* 'Rubrum', zones 8 to 11). The dramatic ornamental grass can reach 3 to 5 feet tall and 2 to 4 feet wide (although usually smaller in containers) with a vase-like shape topped with fuzzy purple seed heads. Although often grown as an annual in colder climates, it will continue to look striking throughout fall.



2. Tuck in cool-season flowers.

After removing summer annuals past their prime, fill in the gaps with cool-season bloomers in fall colors. Although they may look tender and delicate, pansies are actually some of the most cold-tolerant annual flowers. When planted now while soils are warm, they'll bloom from fall to spring. Don't wait too long, though — pansies planted late, in soils with temperatures below 45 degrees Fahrenheit (7.2 degrees Celsius), tend to have stunted growth and fewer flowers. For a rich autumn color palette, choose pansies in vibrant hues like orange, gold, red and deep purple or bicolored combinations, avoiding pastel pinks, blues and pale yellows.



3. Add bold foliage plants.

Swap tired warm-season flowers for richly colored foliage plants, leaving mature evergreens and long-lasting perennials in place. For example, this sizzling container relies on a mature New Zealand Flax (*Phormium* sp., USDA zones 8 to 11) to add height to the design, with brightly colored foliage plants providing seasonal interest.

Also included are wine-red coleus, golden Japanese forest grass (*Hakonechloa macra*, zones 4 to 9) and zingy lime-green ornamental sweet potato vine (*Ipomoea batatas*, zones 9 to 11) which create a dramatic display.

Although the coleus and sweet potato vine are not winter-hardy, they could be traded for coral bells or heather moving into the holidays.

4. Stick a pumpkin in it.

This is a gardener's hack if there ever was one. If you've pulled out some tired-looking summer annuals but don't have the time to hunt down a replacement plant, plunk a pumpkin down to cover the bare spot.

Go for a classic deep orange pumpkin for a bright hit of color or pick out a fairytale pumpkin in a knobby shape. The designer of this fall container also tucked in a few cut stems of preserved Chinese lanterns (*Physalis alkekengi*), available from florists, for added whimsy.



For more information about creating fall containers, click [here](#).

Free Bonsai Workshop: Oct. 7, 2017

Ellison Cowles, Workshop Committee Chair

From our friends at Exotic Plants comes word of a free Bonsai workshop.

Free Bonsai Workshop

Saturday, Oct 7, 2017
12 - 1:30 pm

If you love Bonsai and want to know how to create and maintain them, this workshop is for you!

You'll learn:

- * Basic care
- * Watering
- * Fertilizing
- * Trimming
- * Training
- * Repotting
- * Lighting
- * And much more

The workshop will be held on Saturday, Oct 7th, 12:00 pm - 1:30 pm.

It will be conducted by Timm Johnson, long-time bonsai enthusiast (We like to call him our Bonsai guru.) and member of three local bonsai societies. He has also been the bonsai instructor for the Sacramento Parks and Recreation District for over 10 years.



Visit the [Exotic Plant website](http://ExoticPlant.com) for more information.

The workshop is held on the Exotic Plants showroom premises where you can see a stunning array of unique orchids and other plants you won't find anywhere else.

Seating is limited! Call to reserve your place (916-922-4769).

While here, check out our Tent Sale! Find some great deals on palms, orchids, bromeliads and other "gently used" plants.

Workshop Location:

Exotic Plants
1833 Howe Avenue
Sacramento, CA 95825

Workshop: 12 pm - 1:30 pm

Tent Sale: 10 am - 3 pm

Shop hours: 10 am - 6 pm

Cost: FREE

Parking: FREE

Seating is limited!
RSVP at 916.922.4769
or email us: exoticplants@att.net



Income from 9/26 RVGC meeting

Ruth Lecheler-Moore, Treasurer

Penny Pines collected: \$30

Raffle collected: \$74

Donations (plant sale by Nancy Clark): \$10



You're gonna miss really good stuff.

Don't be weeded out.
Pay your dues today!

STILL haven't paid your dues?
It's past that time of year... No dues - no membership :-(
Think of what you'll be missing. Not only new gardening information through our workshops, programs, and speakers, but the camaraderie and friendship of like-minded people. For your convenience you can find the membership form on our website at:
RVGC MEMBERSHIP FORM
Print it, fill it out, and bring it to the October meeting with your payment.
After that.... :-)

Membership Information

Irene Slavins, VP Membership

Great news, we are up to 41 members as of September! We hope to continue to increase our membership with members from last year renewing and new members joining.



Welcome to Jill Shuey who joined the club at our September 26th meeting.

2	Description	9/26/17
3		
4	Total number of Members	41
5	Number of New Members this year*	5
6		
7	Number of Members at meeting/party	33
8	Number of Visitors at meeting/party	3
9		
10	Members Renewed at individual meeting	5
11	Member Joined New at individual meetings	1

DID YOU KNOW?

Delaware hosts an annual "Punkin Chunkin" championship. Teams compete in a pumpkin launching competition, where pumpkins are shot almost 5,000 feet from an air cannon. Yikes.

That pumpkins are grown all over the world? Six of the seven continents can grow pumpkins including Alaska. Antarctica is the only continent in which a pumpkin won't grow.

Pumpkins were once recommended for removing freckles and curing snake bites.

Every single part of a pumpkin is edible. Yep, you can eat the skin, leaves, flowers, pulp, seeds and even the stem!

Eighty percent of the U.S.'s pumpkin crop is available in October.



Broke your remaining flower vase?
Pumpkins have multiple uses.
Hollow out one of these seasonal orange globes,
and create an Ikebana display!
Oh... don't know Ikebana?
See you at the next meeting where you'll learn how.



In case the grandkids come to visit, consider these holiday crafts that also create precious memories. How? Find white paint, coat bottom of foot (or hand), step on interesting paper. You can add names and the date under the feet and hands. And, if you find seeds or beans in the yard to use as eyes, you can even call it gardening.

