

Sow and Tell

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A Publication of The Five Hills Garden Club
Member of the National Capital Area Garden Clubs, Central Atlantic Region, District III

President: Noreen Linnemann, 703-281-1770, noreenlinnemann@gmail.com

Editor: Brigitte Hartke, 703-585-5504, brigittehartke@gmail.com
fivehillsgardenclub@gmail.com



President's Message

It's November and still there are flowers in my garden. This has been a beautiful fall with so many spectacular colors and pleasant days to enjoy being outdoors. I've been told that living in zone 7 is the perfect area to live in for gardening. We can plant a little earlier in the spring, and our flowers last longer in the fall.

We certainly have been a busy garden club the past few weeks. Karen Fleming did it again, setting up a fascinating trip to the Adkins Arboretum. We couldn't have asked for a more perfect day to spend with good friends in a beautiful setting.

Several of us took the Landscape Design course and heard fascinating speakers and picked up so many hints to help us as we design our own gardens. We also have been involved with our civic projects. Maurine Thomas and Nancy Walker organized the cleanup day at Glyndon Park and West End Cemetery, and we left both projects looking neat and clean. A special thanks to Jim and Ginger Thomas for their help with these projects. We also spent some time at Meadowlark Gardens cleaning up some of the gardens and planted some spring bulbs and pansies. Thanks to everyone for being involved in all these endeavors.

The most exciting news I have to tell you is that plans are under way to replace the broken stone around the Blue Star Memorial. I met with the head of the grounds and horticulture departments for the Town of Vienna. They have given us permission to develop a garden in the area around the Blue Star Memorial. I am working with a designer from Merrifield to put in a new stone, and mulch and plants to make the memorial a true salute to our American Armed Forces again. I hope that everyone will be involved to make this a beautiful and successful project.

As we look forward to Thanksgiving, there are many things to be thankful for as citizens of the most extraordinary country in the world. To have all the blessings that have been bestowed upon us is unmatched anywhere. Besides my family, I am thankful for all my garden friends at Five Hills. I hope that you enjoy a bountiful and blessed Thanksgiving.

"There is always something to be thankful for."

fondly, Noreen

General Meeting: Tuesday, November 21

Tues, Nov. 7	Meadowlark Volunteers
Nov. 8	Landscape Design Council Gen. Meeting
Nov. 9-10	Environmental Studies School, Derwood, MD
Nov. 15	Judges Council General Meeting
Tues, Nov. 21	F.H. General Meeting

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Upcoming Events

Tuesday, November 21 General Meeting: Alonso Abugattas



Alonso is a well-known naturalist, environmental educator and story teller. He is the natural resources manager for Arlington County Parks and Recreation. This month he comes to Five Hills for a repeat engagement and will be presenting one of his favorite programs, "Nature's Puzzle".

Alonso's Capital Naturalist blog site:
<http://capitalnaturalist.blogspot.com>

Alonso's Facebook site: <https://www.facebook.com/groups/1428738304011660/> Here you can post your photos of plants, mammals, birds, and insects for quick identification. Over 3,000 members.



Tuesday, December 5 ~ Five Hills' Annual Greens Workshop & General Meeting ~ a Five Hills Tradition



Our annual Workshop is a full-participation meeting, and a great way to get into the spirit of the season. In order for us to have enough material to make the wreaths, it is important that we all BRING IN LOTS OF EVERGREEN BOWS AND PRUNINGS, and clippers to create wreaths and swags for the entryways of Vienna's churches and civic buildings. We always have a great time! Some members will have made the bows and assembled the wreath forms and pins, and laid down drop cloths so we can start right into our wreath-creating. ALL members will participate in the clean-up immediately following our workshop, and then all will enjoy our delicious luncheon. You may want to bring a broom so you won't have to wait for one. *To do now: If you are pruning evergreens right now, do not throw them out! You can wet them thoroughly, place them in a plastic bag and set them in a protected area outside until the day of our workshop. They should keep nicely until then.*

NOVEMBER & DECEMBER EVENTS IN HISTORIC VIENNA

HVI's USED BOOK CELLAR - Help support our organization year-round by purchasing a wonderful used book. All profits go to the operation of our store, museum and events. Prices are marked very low so that we can sell more books and bring more funding in for exhibits, events and operations.

This on-going sale is conducted primarily from the cellar of the Freeman Store during store hours, Wednesday through Sunday, Noon to 4 pm.

HOLIDAY EVENT HIGHLIGHTS

CHURCH STREET STROLL, Monday, November 27, 6:00 - 9:00 pm.

This annual event includes the lighting of the Town tree, Santa's arrival in Vienna, and staged and strolling performances. The merchants of Church Street and the historic structures will be open with special events.

HOLIDAY TEAS! Friday, December 1 and Saturday, December 2, from 3:00 - 5:00 pm at the Freeman Store and Museum

Enjoy an afternoon tea of finger sandwiches & desserts with friends in our historic building. Please call 703-938-5187 for reservations and further info.



LITTLE LIBRARY OPEN, Sunday, December 3, 1:00 - 4:00 pm

NTA VISITS THE FREEMAN STORE AND MUSEUM, Sunday, December 3, 12:00-2:00 pm and Sunday, December 10, 12:00-2:00 pm

There is no fee for visiting with Santa. Bring your camera!

On-the-Go Access to our Garden Club Web Site

Jill Hecht, Web Master

The Five Hills Garden Club web site lists our monthly meeting programs, volunteer duties, newsletters, information about past program speakers and recipes. A direct link can be added as an ICON on your smart phone. Follow these easy steps:

1. Utilize Siri: Ask her to find Five Hills Garden Club. Or, using your phone browser (iPhones use Safari) search Five Hills Garden Club.
2. Tap on the link for www.Fivehillsgardenclub.org.
3. At the bottom of your screen will be a box with an arrow pointing up. Tap that.
4. At the bottom will be a plus sign inside a dark box, **Add to Home Screen**. Tap that.
5. At the top right of your phone will be the word **Add**. Tap that. You will now have a direct link with the violet flower picture to our web site on your phone.



Call for Calendars for Military Members



Please remember to bring in your 2018 calendars which are collected each month for the military members in appreciation of their services. Janet Kremer will deliver them to the Army's Fairfax Family Health Center. Thank you.

Garden Therapy

Our next garden therapy will be on Monday, Dec. 4th at 9:15 am at Braddock Glen Assisted Living Center. This time the residents will be designing holiday arrangements using sparkly silver and gold accents. It is always fun to see their delight in their own creations! Many thanks to our volunteers who are Shelia Creswell, Debbie Doody, Karen Fleming, Elizabeth Huebner, Anne Nelson, Karen O'Meara and Nancy Walker. Braddock Glen is located at 4027 Olley Lane in Fairfax. :-)

Gail Gile and Janet Kremer

An Archivist in our Future



Thanks to Valerie Warriner! Valerie has volunteered to be our archivist. She will be keeping records and information about our club's activities and history. If you have any old records or photos of club events or past members that you no longer intend to keep, please pass them on to her for the archives. Our past and future are in good hands.

Welcome, New Member

Please welcome Darla Anderson and add her information to your yearbooks.

Darla Anderson
Spouse: David
2503 Brightwood Drive
Dunn Loring, VA 22027
home (703) 849-1325
cell (703) 731-0490
Email: nanadarla@gmail.com
Birthday: April 20

Club Parking

Club members are reminded to find parking spaces near the Church but not in the Church's parking lot. Thank you



Wednesday, December 13 Twinbrook Workshop

Margaret Fleegal's Annual Holiday Workshop will be on Wednesday, Dec. 13th at 4:00 pm. This year everyone will be able to create her own design through a large variety of containers, greens, flowers and embellishments. An informational email will be sent out by Noreen, and please reply to Gail Gile if you are interesting in attending the workshop. Thank you!

Communications, continued

Please make the following changes to your yearbooks, if you have not already done so:

Alden, Mary Ellen - mellen.alden@icloud.com

Gamboa, Linda - LindaMGamboa@gmail.com

Hanson, Dottie - dottie.hanson@cox.net

Huebner, Elizabeth - ladukai61@gmail.com

Peters, Nancy - nancy.annett@gmail.com

Phillips, Trish - trish@isquare.com

Ralston, Karen - Karen.ralston@verizon.net

Rohde, Nancy - nerohde@aol.com

Thompson, Karen - cell: 703 864-0258

Turner, Muriel - muriel.turner1@verizon.net

Cares and Concerns

In Our Thoughts

We are keeping Five Hills member Rebecca Horahan in our thoughts and prayers as she recovers from recent surgery.

We send member Shelia Creswell our best wishes for a most positive outcome as she goes through some upcoming medical testing.

Remembrances

Ellaveen Barmby wanted to share some information about two of her dear friends and former Five Hills presidents. Joyce Thibeault Powell and Barbara Bradshaw Behr both passed away recently. Joyce was president from 1967-1969 and Barbara was president from 1970-1971.

Joyce and Ellaveen were founding members of the Landscape Design Council and served on the National Capital Federation of Garden Clubs together. The three ladies were very close friends and active garden club members. Some of you remember these two ladies and, along with Ellaveen, will miss them.



POINT YOUR WAY TO A BLUE RIBBON

~ Karen Lucas

When I reluctantly started Flower Show School I was only interested in better judging for horticulture. I feared tackling design. I enjoyed all the classes, but stress arrived when it was time to put myself and my designs and horticulture into flower shows since each student had to be awarded a certain number of blue ribbons before she could take the exam. Fortunately, I took a closer look at how exhibits were point-scored and decided I could do it.

In every schedule accompanying every division or part of a division is a Scale of Points. I have included two of these scales from the handbook. I started looking at what I could do right and adding the points up with each entry.



In horticulture pick a bloom/leaf that is at its peak and is typical of its genus/species. A little research will get the name right and if entered in the correct class there are 10 more points. Just cleaning the bottle and plant material and having enough water ... more points! Wedging it in the bottle may take a little practice but is doable. Conditioning the plant material so it will hold up is crucial, but there are many sources to learn the best way for the plant material you plan to show. You can do it!

Points for All Cut or Container-Grown Horticulture Specimens and Containers

- Conformance (Adherence to schedule requirements) 5
- Plant ID (as complete as possible, common and botanical binomial) 5
- Peak of perfection
- Form (correct for type) 20
- Color (not faded) 20
- Maturity/Size 20
- Condition/Blemishes (tissue firm, no discoloration, nibbles) 15
- Grooming/Staging
- Grooming (containers clean, damage removed, no foliage under water) 10
- Staging (wedged to keep "best face forward") 5

In design you should treat your plant material as if you were entering it in horticulture. Then use that material and other components to accumulate points under "Design principles" (8 points for each). The Flower Show Handbook considers six: balance, contrast, dominance, proportion, rhythm and scale. To achieve these principles one uses the "elements of design": color, form, light, line, pattern, size, space and texture. The designer picks which elements to use to create the effect desired in each principle.

Point for ALL Designs

Conformance (Adherence to schedule requirements)

To Type 7

To Schedule 7

Design Principles 48

Selection of Components 8

Organization of Components 8

Expression 8

Distinction 14

This month I have asked that you try a Parallel Design or Designer's Choice. Following is the Handbook's explanation for a parallel design. A design consisting of three or more groupings of plant material and optional components with a strong parallel placement in a single container and or base.

Multiple containers may be used if combined to appear as one unit.



For the November Hort Table:

Bring in a horticultural specimen from your garden in a proportional green bottle. Label it correctly. Suggestions include Osmanthus, Evergreens, Nandina.

This month's design is a Designer's Choice or Parallel. The theme is Pumpkins.



Become a Seed Saver

~ Elizabeth Huebner,
with credits to *The Spruce* by Marie Iannotti

Seed saving is as old as gardening. There was a time when gardeners considered seed from their favorite plants to be treasures well worth saving from year to year. These days, seeds and seedlings are relatively inexpensive and there are new plants to try every year. So why be a seed saver?

Because you have a plant you love and want to grow again.

It could be the perfect blue campanula, the best tasting tomato or a champion pumpkin. You never know when a seed company will discontinue your favorite seed to make way for new varieties. Saving your own seed is the only guarantee.

What Seeds Can Be Saved?

Open Pollinated or heirloom, self-pollinated plants are the only varieties that will grow true from seed, meaning the seedlings will be exactly like the parents. These are the seeds worth saving. Seeds that have been hybridized will grow into a variety of plants with some characteristics of either or both parents. Many, if not most, of the plants being sold now are hybrids. Hybridizing can create a plant with desirable traits and affords some job security for the seed company. Seed saving is not really an option with hybrids, unless you are looking to discover something new. You could however try taking cuttings.

Additionally, plants that are pollinated by insects or the wind may have cross pollinated with plants from another variety and again, will not grow true. To save seeds from these plants requires a bit of extra care, as explained below.

There are still many plants that will grow true from seed, and saving and sharing these seeds has

given birth to the seed savers phenomenon. Self-pollinated plants are the easiest to save and include: Beans, Chicory, Endive, Lettuce, Peas, Tomatoes.



You can also save many heirloom flower seeds such as: cleome, foxgloves, hollyhock, nasturtium, sweet pea, and zinnia.

Saving Seed from Plants that Cross Pollinate

To get pure seeds from plants that cross pollinate with others in their species, you will need to physically separate the different species from one another. This can be accomplished by:

- Planting only one variety of a species.
- Planting different varieties at a distance from each other. Different plants require different distances and it can be substantial. Peppers require about 500 feet and squash plants would need a half mile.
- Plant varieties that flower at different times.
- Using a physical barrier, such as a row cover or bag. You would need to cover one variety at a time, so that each variety is allowed enough exposure time to be pollinated among its own kind.

Methods and Timing for Saving Seeds

Always choose the best quality plants, flowers, fruits and vegetables from which to save seeds. Look for disease resistance, vigor, great flavor and productivity. Next year's plants will only be as good as this year's seed. Harvest seeds either:

- When the seed pods have dried on the plant (flowers, beans, broccoli, lettuce...)

Keep an eye on the pods as they start to brown. Most seed pods will open and disperse on their own. You can catch seed by placing small bags over the seed heads when they look ready to pop or by pulling the plant just before completely dry and storing upside down in a paper bag.

OR

- When the vegetable is fully ripe (Tomatoes, squash, peppers, eggplant...)

The vegetables will be well past their edible stage when the seeds are ready. For most vegetables you can simply scoop out and dry the seeds.

Tomatoes require a wet processing method that will be explained elsewhere.



- Remove as much of the chaff as possible
- Store in a paper envelope, labeled with the variety and year
- Place the envelopes into an air tight container, such as a canning jar
- Store in a cool, dark, dry place
- Stored seed is best used the following year

Seed saving can quickly become a hobby, and you'll be in good company. There are many organizations, local and worldwide, that list and share their saved seed. Growing plants from seeds saved from your own garden, will, over the years, result in plants uniquely adapted to your garden.

Think of it ~ seeds are probably the only heirloom that becomes more valuable with use!

Editor's note: <http://www.finegardening.com/make-your-own-seed-packets>

Storing Saved Seed

- Make sure the seed is completely dry, or it will rot or mold in storage

Further to Elizabeth's excellent article, the editor is including information on this organization:

Seed Savers Exchange <http://seedsavers.org>

Seed Savers Exchange's mission is to conserve and promote America's culturally diverse but endangered garden and food crop heritage for future generations by collecting, growing, and sharing heirloom seeds and plants. They are a non-profit organization dedicated to saving and sharing seeds. They maintain a collection of more than 20,000 heirloom and open-pollinated vegetable, herb, and plant varieties, including over 1,000 varieties of heritage apple trees.

"We take great care to ensure the health and viability of our collection for generations of growers to come. We keep the bulk of our collection in an underground freezer vault at Heritage Farm."

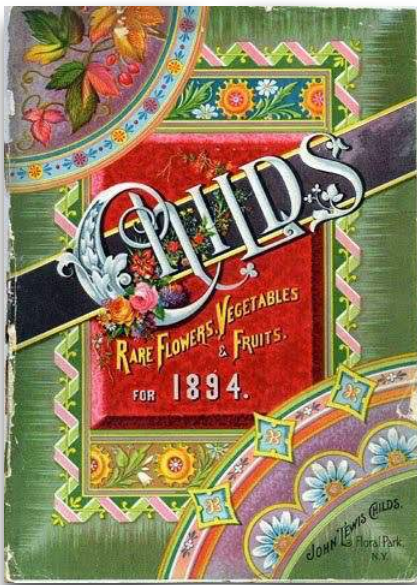
"Seed Savers Exchange was founded in Missouri in 1975 by Diane Ott Whealy and Kent Whealy. Diane's grandfather entrusted to them the seeds of two garden plants, 'Grandpa Ott's' morning glory and 'German Pink' tomato. These seeds, brought by Grandpa Ott's parents from Bavaria when they immigrated to Iowa in the 1870s, became the first two varieties in the collection. Diane and Kent went on to form a network of gardeners interested in preserving heirloom varieties and sharing seeds. Today, with 13,000 members and 20,000 plant varieties, Seed Savers Exchange makes its home on 890 scenic acres in Winneshiek County, Iowa, at Heritage Farm."



Why do seeds need saving?

“In the last century or so, the world has lost 75% of its edible plant varieties. That might be hard to perceive when many of us have enough food on our plates, but consider this: According to the United Nations’ Food and Agriculture Organization, only five cereal grains make up 60% of our calories. A system that depends so heavily on so few crops is quite fragile.” Think of the Irish Potato Famine - the use of only one variety of potato led to a catastrophe. In 1845, the introduction of a new fungus wiped out the primary source of food in Ireland, leading to the death or emigration of some one and a half million people.

“Industrial agriculture and the chemicals and machines that it employs have required that farmers and, more often, scientists breed for uniformity in plants and animals. In the United States in particular, genetically engineered plant varieties have had a devastating impact on biodiversity. According to the USDA's Economic Research Service, since their commercial introduction in 1996, use of genetically engineered (GE) crops by US farmers has increased steadily. In fact, in 2013, 170 million acres of GE crops were planted in the US, seeds that are patented and cannot be saved and planted again next year. **That’s roughly half of all American cropland.**”



“It’s no wonder, then, that stewards of seed and heritage varieties are scarce. With no one to teach his or her neighbors and children about the importance of these plants, the art of saving seed dies out, and with it, we lose the precious varieties these mentors safeguarded.”

“We can only preserve heirloom seeds through active stewardship. If we don’t use them, if we don’t allow them to grow again, they become lost.”

- Diane Ott Whealy, Co-Founder of Seed Savers Exchange

For a 2018 Seed Savers Exchange seed catalog, sign up here.

Catalogs will arrive in mailboxes in early December:

<http://seedsavers.org/catalog>

image: vintage Childs seed packet circa 1894

Help with Conserving Heat at home: Thermal Camera Loan Program

Starting on Earth Day - April 22nd - 2017, Fairfax County residents can reserve thermal imaging cameras from any branch of the Fairfax County [Public Library](#). Reserve a camera just like a book through the [library catalog](#), and it will be shipped to your local library branch for pick up. To see the camera in action, watch our [video](#).

Fairfax County is making these cameras available so that residents can inspect their home or business for hot and cold spots, which often indicate energy-saving opportunities. By implementing weatherization improvements, residents can make their home a more comfortable place to live while reducing utility bills. **ENERGY STAR**® estimates that air sealing and insulation improvements can save an average of 17% on heating and cooling costs for homes in our area.

Recent Events & Field Trips



Pictured above: Brigitte Hartke, Karen Fleming, Anne Nelson, Karen Thompson, Kathy Nebhut, Noreen Linnemann, Willow Prall, Jane Schmiedekamp, Gail Gile



Another fun-filled Five Hills Field Trip: On a beautiful late-October day, our members drove to Maryland's Adkins Arboretum. After a hike through the forest there, we stopped on Kent Island to lunch at The Bridges.



Fall Workshop Collage !!

