

Sow and Tell

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Member of the National Capital Area Garden Clubs, Central Atlantic Region, District III

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President's Message

Welcome Back to Five Hills! Before moving ahead to the excitement of the new year, I'd like to recall the Installation Luncheon in June. It was fun to dress up and enjoy a delightful time together. Many thanks to Lisa Adelman and Rosemarie Jaksetic for arranging such a perfect event, and to Brigitte Hartke for the beautiful place cards! These volunteers devoted their time and effort so that we could enjoy ourselves. It was my privilege to thank Noreen Linnemann for her skillful, tireless and dedicated term as president and to present her with a gift certificate to Merrifield Garden Center from the club.

When Nancy Hargroves, the current president of National Garden Clubs was installed, she said, "Aren't gardening people the happiest, friendliest and most generous people you know?" Those words definitely describe our Five Hills club. We are fortunate to have found friendships with each other and to be able to work together for our community. Many volunteers make light work; we know we can count on each other to contribute to the success of Five Hills and to promote our mission of service, knowledge and friendship. And speaking of dedicated volunteers, many members worked over the summer to prepare the budget and yearbook and to plan programs, field trips, and fundraisers for next year. Thank you!

Our theme for the next two years is "Branch Out and Grow in New Directions." I'm encouraging every member to try an activity with the club that they haven't done before; volunteering at Meadowlark Gardens or Braddock Glen Assisted Living, bringing a horticulture specimen to a meeting, or attending one of the educational schools. Last year, I entered a flower show, attended Landscape Design School, contributed a design at a meeting and helped at Meadowlark, all for the first time! The time commitment was small, but the rewards were great.

It will be wonderful to see everyone at our general meeting on September 18th.

Cheers, Julia

General Meeting: Tuesday, September 18, 2018

Tuesday, September 18 — General Meeting Program “Gardening on the Verge”

Kirk Brown is a high-energy and entertaining garden speaker, best known for his impersonation of John Bartram.

A graduate of Cornell University, Mr. Brown wears many hats: author of “Landscape Contractor”, he is also an actor and playwright. With many accolades to his name, Mr. Brown travels the country expounding on the works of two of America’s foremost landscapers, John Bartram and Frederick Law Olmsted, and lecturing on design and garden history. His presentations have received outstanding accolades from audiences of his peers, and his program will be about gardens and changing life-styles. This is sure to be an excellent and informative lecture!



Word of the Month: Prickles

Unlike thorns, which are modified shoots, and spines, made from modified leaves, prickles are spiked skin extensions. More: <https://www.thedailygarden.us/garden-word-of-the-day>

CALENDAR

Tues, Sept. 4	Meadowlark Volunteers, 9:30 am
Tues, Sept. 18	FH General Meeting
Fri, Sept. 21	District III Meeting, Meadowlark Gardens, 10 am
Mon, Sept. 24	Garden Therapy, Braddock Glen, 9:15
Tues, Sept. 25	NCAGC Fall General Meeting, US Nat’l Arboretum, 9:30 am
Tues, Oct. 2	Meadowlark Volunteers, 9:30 am
Wed, Oct. 3	Field Trip to Montpelier & Market at Grelen, Orange, VA
Thurs, Oct 4&5	Gardening School, Course I, Merrifield Garden Center, Fairfax

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First Meeting of the Year

The first meeting of the year is always a busy time with socializing, getting our new yearbooks and a full business meeting, followed by the speaker. Coffee will be ready at 9:30 AM; please plan to arrive early in time to socialize before the meeting begins promptly at 10:00 AM.

Remember to find parking on the side streets or parking lots away from the church. Or plan to carpool and remind any guests of the parking restrictions in the church lot. Thank you.

Former Five Hills Members Contact List

Below is the contact information for former members of Five Hills who will stay in the touch with the club via the Newsletter. They are welcome to attend any meetings or re-join the club when they are more available to participate.

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Garden Therapy

We are ready for another year of helping the residents of Braddock Glen Assisted Living Center design floral arrangements for their fifteen dining room tables. We will be meeting on Monday, September 24 at 9:15 to make silk autumn arrangements in orchid pots donated from our members. The silk daisies are in yellow, orange and red with a big yellow sun pic. Our volunteers are Valerie Warriner, Cary Fichtner Vu, Karen O'Meara, Anne Nelson, Shelia Creswell and Darla Anderson. Braddock Glen is located at 4027 Olley Lane in Fairfax.

A big thank you to all our volunteers!
Gail Gile and Janet Kremer



Montpelier Field Trip - Sign Up with Julia Smith

Julia Smith is coordinating our first field trip on Wednesday, October 3rd to Montpelier, the home of James Madison and to The Market at Grelen, a European-style nursery and garden center, just minutes from Montpelier.

We are scheduled for a 10:30 tour at Montpelier, in Orange, VA less than a 2 hour drive from Vienna. There will be time after the historical home tour to walk the grounds and visit the gift shop. Our group has a reservation for a catered lunch at 12:30 (variety of wrap sandwiches, salad, chips, tea and water) in the shade garden or greenhouse of The Market at Grelen. At 1:30 there will be a pruning demonstration at the nursery for our group. Members are then free to hike the nursery grounds, pick-your-own fruit or shop in the gift shop and plant nursery.

The cost is \$50 for all events.

Deadline: A headcount is due two weeks before the event, which is Wednesday, September 19. That is the day after our general meeting. Julia would like to get a sense of those attending in advance of the September 19 deadline. Friends and guests are also welcome.

Please let Julia know by email (Jsmith5227@mac.com) or phone (703) 385-2883 if you are interested in attending and if you are available to be a driver.

You may bring a check made out to Julia Smith to the general meeting or mail to Julia at 10905 Blue Roan Rd., Oakton, VA 22124.



Prepare This Fall for April Plant Sale

by Kathy Nebhut

Our club's survey at the May General Membership meeting indicated that the most people voted for a plant sale as our next major fundraiser. Our last plant sales were in 2009 and 2013. They were quite successful financially and were a lot of fun on top of that!



A plant sale is typically run with minimal expense since club members dig up plants from their own yards to donate. The goal is 10 plants per member. If you do not have that many to donate, you can sign up at a general meeting to help dig up another member's plants. There will also be a number of other ways to help in the spring.

This fall is the time to dig up and divide your plants, pot them in plastic pots and either place them in a shallow trench or in a sheltered spot under a pile of leaves. These are two ways to insulate plants and ensure their survival through the winter. Make sure to take notes as to what plant is in which pot.

Got any extra plastic pots? Just bring them to a general meeting to share with others. Happy Digging!

(photos from previous FH plant sale)

Beyond Chrysanthemums for Fall

by Ann Balch

As the “dog days” of August take their toll on my garden, I find myself eager for the approaching blooms of my fall perennials. They have been quietly growing all summer long, waiting for their time to shine. They are not tattered, bug-eaten, or overgrown. Instead they offer a last beautiful display before the cold sets in.

Of course, I have chrysanthemums that I love. My own favorite is Chrysanthemum ‘Hillside Sheffield Pink’, with its lovely pale apricot blooms. However there are also a number of other perennials that come into bloom at this time of year. Here are a few of my favorites.

For a sunny garden:

- Aster tartaricus – A tall aster (up to 6 feet tall) that is great for the back of the border. Its showy purple blooms attract butterflies. It will spread by rhizomes to form a large clump; shoots are easily pulled if it travels beyond its boundaries. Here Aster tartaricus is shown with Chrysanthemum ‘Hillside Sheffield Pink’.



- Aster oblongifolius ‘Raydon’s Favorite’ – A very showy, low-growing (3 feet), native wildflower. Also known as Aromatic Aster, it forms a bushy mound that is deer-resistant and attractive to butterflies. This photo shows the plant in the rain garden at Oakton Library.



- Sedum spectabile ‘Autumn Joy’ – An old favorite, this Sedum is rugged and reliable. It will slowly spread, and is easily divided in the spring. Like most of the other perennials in this article, it happily does double-duty as a cut flower. Photo credit: Monrovia, Doreen Wynja



Solidago odora (Anise-scented Goldenrod) – Another native that attracts many types of pollinators, its foliage is licorice-scented when crushed. It tolerates both drought and wet conditions. This too can be seen in the Oakton Library rain garden. Grows 2-4 feet tall. Photo credit: North Creek Nurseries



- Solidago rugoso ‘Fireworks’ – Fireworks Goldenrod bears out its name, with lovely arching slender sprays of golden flowers, attractive to butterflies. This native grows to 3-4 feet and rapidly forms a clump, but is easily pulled if you wish to contain it.



For a shady area:

• *Anemone x hybrida* or *Anemone hupehensis* – Better known as Japanese Anemones or Windflowers, these graceful fall shade plants send up blooms 2-4 feet, floating above other plants. Spreading slowly to form colonies, they are available in magenta, pink or white; ‘Honorine Jobert’ is a popular white variety.



• *Aster divaricata* (or *Eurybia divaricata*) – Another native, Woodland Asters (aka White Wood Asters) will spread slowly to brighten a shady area in fall with small white daisy-like flowers. It grows 2-3 feet tall, is deer-resistant, and tolerates dry shade.



• *Physostegia virginiana* – Known as Obedient Plant because its flowers will remain if turned in a new direction, the white variety (‘Miss Manners’) and pink variety (‘Pink Manners’) both bloom during the summer in full sun in the Oakton Library rain garden. However my “country cousin” lavender variety blooms in the fall in shade. It spreads vigorously by rhizomes, but is easily pulled to keep it in bounds.



Horticultural Projects:



For the September hort table, bring in a horticultural specimen from your garden in a proportional green bottle. Label it correctly.

Design Theme: ‘Back to School’

Design: Designer’s Choice or Small

(photo, B. Hartke: lily bloom, a plant exchange donation from another Five Hills member)

Our Warming Climate

by Elizabeth Huebner

Let's think about how garden clubs might foster cooler ideas.

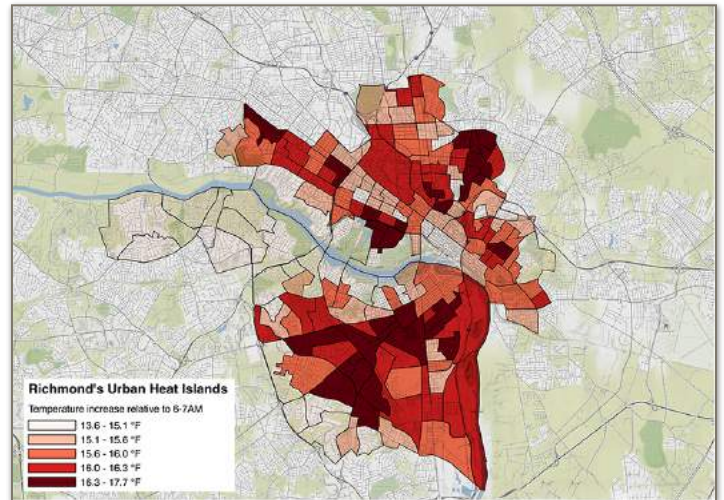
On our topic of the month — warming and mapping hot spots right here in Richmond, Virginia.

Excessive heat is recognized as the greatest weather-related cause of death in the United States (for more information, visit the [Extreme Heat—NIHHIS](#) and [National Integrated Heat Health Information System](#) pages). Since the 1970s, residents of Richmond have experienced an increase in the number of days over 95°F per year, and climate scientists expect that trend to continue. On these hotter days, Richmond hospitals see an increase in heat-related emergency room visits.

To identify which Richmond neighborhoods get the hottest during heat waves, and how excessive heat might affect the neighborhoods' most vulnerable residents, researchers needed to come up with a way to check local temperatures—block by block—across the city. On July 13, 2017, in the midst of Richmond's first major heat wave of the summer, 15 teams of volunteers spread out through the city in cars and on bikes equipped with simple hand-made devices. Each device was designed to measure air temperature and mark time and location as it was moved along. By recording the temperature every second of each hour-long ride, and plotting those temperatures on a map, data from the devices could be used to generate a map of temperatures along each route over the entire city. Riders and drivers rolled through the heat on their assigned routes three times that day: at 6:00 am, at 3:00 pm, and again at 7:00 pm. Processing allowed the researchers to relate different types of land use to air temperatures, even across areas that weren't directly measured. The resulting map showed a detailed

picture of Richmond's urban heat across the entire city.

The map showed differences of up to 16°F across Richmond's neighborhoods during the hottest part of the day. This means that when a heavily shaded neighborhood in Richmond experiences an afternoon temperature of 87°F, it might reach 103°F in a more urbanized neighborhood in the same city. The data also revealed that warmer areas experienced a greater difference between morning and afternoon temperatures than did cooler areas.



Averaging measurements over census block groups and comparing the results with maps of land use showed that Richmond's warmest neighborhoods were generally those with the highest areas of impermeable surfaces and the lowest areas of tree canopy. These neighborhoods can sometimes be home to families with income levels below the poverty line—who may be more vulnerable to heat issues if they lack air conditioning. Not surprisingly, a review of locations where emergency responders typically respond to heat-related calls for help indicates that they are happening in these hottest areas, where people are most vulnerable.

The map displays the urban heat vulnerability by census block group in Richmond.

Conservation

To quantify levels of urban heat vulnerability in different neighborhoods, researchers combined a range of factors with various weights into an index. Based on measurements of temperature, tree canopy, and concentration of impervious surfaces, and including census data on income levels, they defined a quantitative index that can help identify neighborhoods where residents may be at risk.

Areas with a below-average index score show where adaptive action to decrease vulnerability to excessive heat may be most effective. Adaptive actions to consider in these areas might include planting more trees, creating artificial shade structures, or a longer-term strategy of changing building construction requirements.

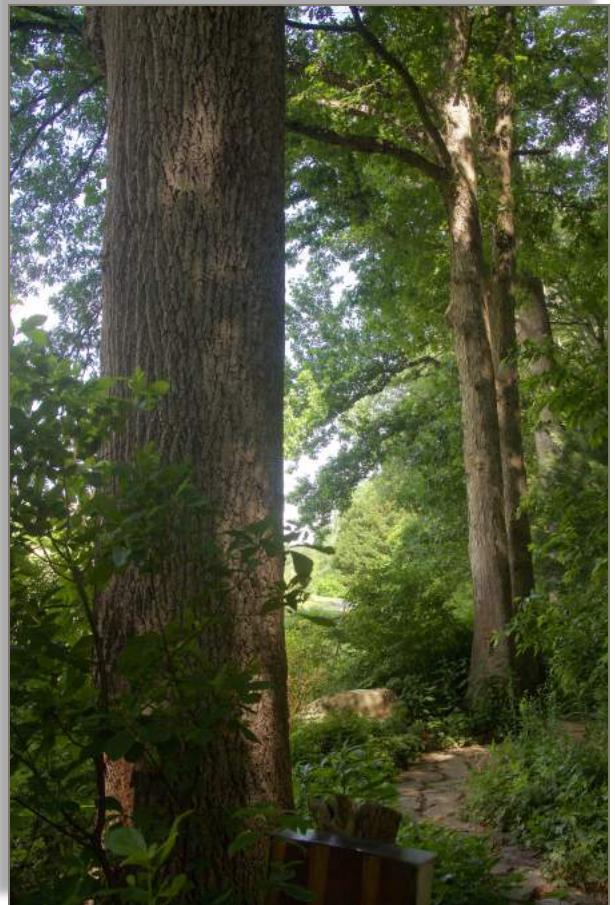
Many of the volunteers who participated in the heat-mapping project also plan to reach out to neighborhoods where residents may be vulnerable to excessive heat events to help them develop tailored adaptation plans. Students used heat sensors and forward-looking infrared (FLIR) cameras to measure and visualize heating differences among surfaces of various colors. Focusing on potential solutions that would incorporate the concept of green infrastructure, students designed a shade structure.

The Throwing Shade project was partially funded by NOAA's Office of Education Environmental Literacy Program, and the Franklin Institute's Ready Row Home exhibit is provided through the Climate & Urban Systems Partnership, funded by the National Science.

With projections of warming summers, the effects of urban heat islands on communities and health will likely be a growing concern across the country. Richmond's Urban Heat Vulnerability assessment can be replicated in other locations: it used data records from the National Land Cover Database

and the U.S. Census Bureau's American Community Survey — data available for nearly every city in the United States — and processed that data using open source code in R, a free statistical computation environment.

Considering this data, garden clubs could work with their communities and planning boards to inform about the need for trees (avoid developers clear-cutting trees on lots; remember, Fairfax county has lost 40% of its tree canopy in the past 10 years, and it is getting worse), parks, light-colored parking lots, green roofs, reflective roofs, etc.



Many thanks to U.S. Climate Resilience Toolkit, Virginia Department of Health. "Weather-Related Surveillance: Summer 2017".

(photo: Woods at Meadowlark, B. Hartke)

Recent Events and Field Trips



On June 7, many Five Hills members enjoyed a field trip to the Lewis Ginter Botanical Gardens in Richmond. A tour of their Asian collection was followed by lunch in the Tea Room. Opening in 1984, the Gardens include 50+ acres on the North Side as well as an 11,000 sq ft domed conservatory. To read about the Garden's history, visit: https://en.wikipedia.org/wiki/Lewis_Ginter_Botanical_Garden



Recent Events and Field Trips



May Plant Exchange

We wish to thank Anne Nelson for once again hosting this year's Five Hills Plant Exchange. This event is a highlight of the year for members. Our gardeners have the chance to share and give advice on plants brought from their gardens, while taking home new specimens to nurture and enjoy. Strolling through our gardens, we are reminded of these treasures from plant exchanges of the past. Thanks to all for your generosity!



Recent Events and Field Trips

Views of Members at the Luncheon to Install Five Hills' New Board
on June 19, 2018 at Country Club of Fairfax

