

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

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President's Message

"There are no happier folks than plant lovers and none more generous than those who garden." Ernest H. Wilson, English plant collector (1876-1930)

It has been often noted that gardeners are happy people. While working on service projects, at club meetings and even in "school", members are happy to be together, and there is a lot of laughter. We are generous with our time for each other, for the club and for the community.

In April, under Kathy Nebhut's leadership, we came together with donations of time, effort and plant material to execute a fundraiser that exceeded our expectations! In March, Barbara Tozzi organized our visit to the Philadelphia Flower Show, warmly welcoming several members who attended for the first time. Many members were generous with their time and abilities so that we could experience a new format for hands-on floral design at that month's meeting. Cary Fichtner-Vu generously hosted members in Charleston for tours and socializing, and next week we will share the bounty of our gardens at our annual Plant Exchange. I continue to be grateful for the generosity of spirit from the board that makes Five Hills an active, vibrant group of happy gardeners and friends.

Spring is really here and we have some wonderful gardening days ahead!
All the best, Julia



Next General Meeting:
Tuesday, May 21, 2019
chez Anne Nelson

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Calendar and Upcoming Events

Calendar

Tuesday, June 4

Wednesday, June 5

Thursday, June 23

Meadowlark Volunteers , 9:30 am

Field Trip to Glen Echo and Sycamore Island

District III Meeting, 10 am, Meadowlark Gardens

Merry May's Program ~ The Plant Exchange

Anne Nelson's home
10409 Stone Ridge Lane, Vienna, 10 - 1
(9:30 drop off plants & tools)

This year, Anne Nelson has once again generously offered her home to host this general meeting and annual plant exchange. A perennial club favorite, the exchange brings us together in a member's home to share the bounty of our own gardens. We love to share our favorites and bring home new plants from our seasoned and green garden club friends.

Please remember to label your plants with this information:

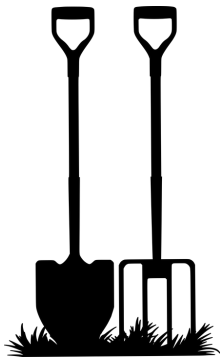
Your Name (so we remember who gave us the plant)

Plant's name

Plant's color

Plant's requirements of sun or part-sun, part-shade, shade

Plant's details if deer-resistant, heat-tolerant, perennial, spring to frost, etc.



"Sharpen This" will be available to sharpen tools during our meeting. They charge \$5.00 for each garden tool (clippers, pruners & loppers)

"Sharpen This" estimates they can sharpen 60-70 tools in 3 hours. We want everyone to have the chance to have some tools sharpened, but there is a possibility that they won't have time to sharpen all the tools that are dropped off. (It's hard to estimate how many members will bring tools, ex. 40 members x 2 tools = 80 tools).

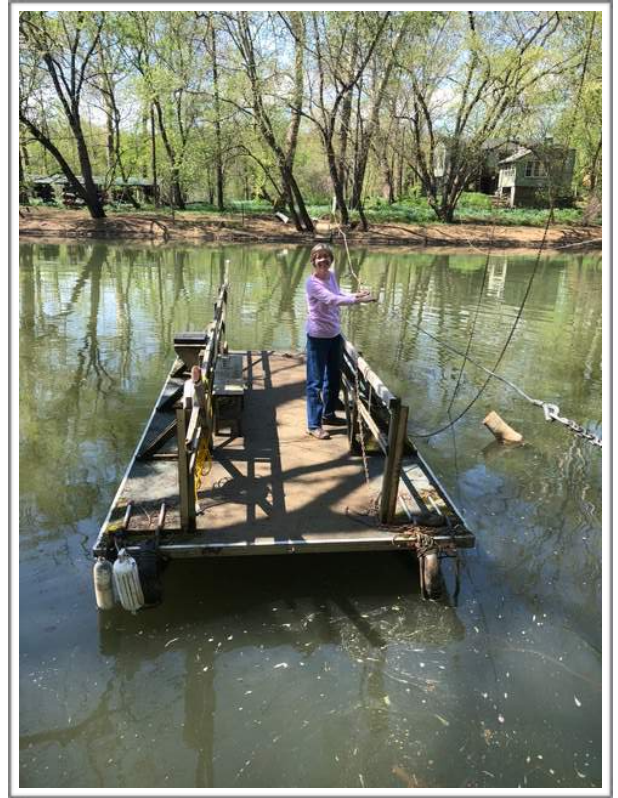
So, please limit the tools you bring to 2-3 per person. Place your tools in a box with your name on it, or if the tools are large, label the tools separately with your name (example, use an address label).

Upcoming Events

New Date for Glen Echo and Sycamore Island Field Trip

by Julia Smith

Wednesday, June 5 is the new date for our visit to these nearby locations in Maryland (river level permitting!) We have a tour scheduled at 10:30 AM with a ranger at Glen Echo Park and will then take a quick drive to the C&O canal towpath, where we will walk to the ferry for Sycamore Island to enjoy a picnic lunch. There is no cost for this trip; just bring your own lunch and drink. We have 17 members signed up and more are welcome. Just let Julia know if you'd like to join in. Jsmith5227@mac.com. Here is a photo of me pulling the ferry in April. It is a unique experience.



Pennywise Fine Jewelry Sale



Pennywise Thrift Shop volunteers and customers are really missing the shop. To keep in touch, Pennywise will be hosting a fine jewelry sale from 10:00 to 11:00 am on Sunday, May 19 at:

Church of the Holy Comforter
543 Beulah Rd NE
Vienna, VA 22180

This is a great opportunity to purchase gifts for your family and friends, and to find something nice for yourself. We will have gift boxes available. You will have just one hour to shop, so mark your calendars now, and plan to arrive early!

Thanks to Anita Parke for this article.

2019 Sustainable Garden Tour

Vienna and Oakton

Sunday, June 9th 1 PM – 5 PM

Get inspired to create a sustainable landscape at your home, school or business! Local residents open their gardens and share their experiences landscaping with nature in mind. *Please enjoy each garden at your own pace. Visit as many or as few as you like. Free and open to all.*



1. **Rooney Residence, 104 Harmony Drive SW, Vienna VA 22180**
2. **Oakton Library, 10304 Lynnhaven Place, Oakton VA 22124**
3. **Beaty Residence, 3009 James Street, Fairfax VA 22031**
4. **Holtz Residence, 3310 Saddlestone Court, Oakton, VA 22124**
5. **Flint Hill Elementary School, 2444 Flint Hill Road, Vienna VA 22181**
6. **Hoffman Residence, 1926 Batten Hollow Road, Vienna, VA 22182**
7. **Lattimore Residence, 8396 Idylwood Road, Vienna VA 22182**
8. **Kahn-Furlong Residence, 9412 Cello Court, Vienna VA 22182**
9. **Unitarian Universalist Congregation of Fairfax (UUCF), 2709 Hunter Mill Road, Oakton VA 22124**

For more information, as well as an online map of sites and descriptions, scan the QR code or visit:

<http://www.fairfaxcounty.gov/soil-water-conservation/sustainable-garden-tour>



Container Gardening

by Elizabeth Huebner

Members have very generously given me suggestions for articles, one of which seems appropriate for this month (submission was for April newsletter).

Container Gardening for Wildlife Habitat: You can create welcoming habitat for wildlife no matter how small your garden, be it a balcony, back porch, front walkway or a window box. You can attract hummingbirds in even the tiniest of garden spaces.

Habitat Planters – A Recipe for Attracting Beneficial Insects

Annuals have a place in a wildlife garden. Annuals attract beneficial insects, and many annuals are an important source of nectar for bees, butterflies and hummingbirds. And, no matter how many native trees, shrubs and perennials you have in your garden or even if you have a well-designed habitat garden, there are going to be gaps in your sequence of flowering and times when you want some extra color in your garden. Annuals are the perfect way to fill the gaps and, if chosen properly, attract more beneficial insects....

~ Debbie Roberts at Native Plants and Wildlife Gardens

Native Plants in Containers

Yes, you can! Native plants grow in containers just as well as exotic plants do; we just aren't used to seeing them there. Patio and balcony owners fill those pots with natives instead of geraniums. You will benefit wildlife just like a yard owner and enjoy a much more interesting show as well.

Native Plants and Balconies

Planning a garden on a balcony is often a challenging prospect, but using native plants can both help and cause further frustration. Balconies are a very different environment from the places native plants usually grow. Balcony gardening is possible for nearly every size and shape they come in. It's possible to also attract great wildlife on balconies. I've had several species of lady beetles, other beetles, spiders, wasps, hoverflies and other interesting species of flies, bees and hummingbirds...

~ Kelly Brenner at Native Plants and Wildlife Gardens.



Conservation

Habitat Containers for Hummingbirds

Some hummingbird-attracting plants suitable for growing in pots and containers most often have red tubular-shaped flowers, which are perfectly adapted to accommodate the long bill of a hummingbird. Note: These plants are all annuals that can be brought into an unheated garage or porch to overwinter.... Or leave as many seed heads and spent flowers standing in the winter for food and cover for birds and small mammals. But you can use others in some containers for the patio that would add some visual interest and provide some food for the birds.



Make Your Deck into a Wildlife Oasis

Do you live in an urban area or apartment complex? Is there a limit to how much green space there is at your home? With a little confidence and a few simple steps, you can make your own wildlife-friendly oasis a “mini-habitat” for wild creatures. It is always pleasantly surprising to see the wide range of birds, butterflies and other creatures who will find refuge, food and water on a properly equipped deck or patio. That is very good news for people who love wildlife, enjoy a little gardening and don’t have much room for even a small backyard habitat.

~ Kevin Coyle at Wildlife Promise of the National Wildlife Federation



Summer Wildlife on the Balcony Garden

Gardening on a balcony is a constant challenge. Moving the containers around and adapting the balcony for the changes in the season might be necessary. However, despite the challenges of keeping the plants happy, wildlife can be abundant a small balcony. The necessary elements for habitat are; water in a shallow container with rocks for perching, shelter in the form of an insect hotel and clumping plants, food in the form of nectar and seeding plants, and a place to raise young, which can be demonstrated by the lady beetles in the lettuce, etc....

Window Box Gardens

A window box could naturally provide plants for some wildlife species, pollinators. The brilliant thing about window boxes is that they can be placed essentially everywhere and that’s exactly where you find them. I’ve seen beautiful boxes full of blooms in the heart of city centers all over Europe including Prague and Berlin.



A Wildlife Habitat Garden, No Matter How Small

Remember, no matter how small your garden, whether a window box, a balcony, a patio, or a deck, you can create welcoming habitat by making a container garden for wildlife.

Horticulture

My Muse is Chartreuse

by Ann Balch

Yesterday was a dreary, "all-day-rainy" day. But as I looked out my windows, I was stunned by the bright color I saw. Nothing much in my garden was blooming, as the spring bulbs are past, and the summer perennials are not flowering yet. So what was brightening up the gardens, especially the dark, shady corners? Voila! Plants with chartreuse foliage!

I have many of them, most planted in all or part shade, many deer-resistant, all but two perennial, and most have been with me for many years, so they are long-lived. These plants require almost no maintenance and return to brighten my dark corners every year.



Nandina 'Firepower' and
Carex elate 'Aurea' "Bowles Golden



Acorus gramineus 'Oborozuki'



Sedum 'Lemon Ball'



Acorus gramineus minimus (dwarf) with
some chartreuse spring lettuce



Hosta 'Lemon Lime'



Lysimachia (Creeping Jenny)



Heuchera 'Citronelle' and
Hosta 'Lemon Lime



Hakonechloa (Hakone Grass)



1. Aralia cordata 'Sun King' and Hosta "Orange
Marmalade'
2. 'Cracker Crumbs' and 'Dragontails'

Horticulture

Details on these plants follow. Happy gardening!

Plant Name	Sun/Shade	Perennial/Annual	Deer-Resistant
Acorus (Sweet Flag)	Sun or shade	Perennial; Likes wet.	Yes
Aralia cordata 'Sun King'	Sun to partial sun	Small shrub to 4 feet.	Yes
Carex 'Bowles Golden'	Sun to partial sun	Perennial	Yes
Hakonechloa (Hakone Grass)	Shade	Perennial	Yes
Hostas	Shade to part shade	Perennial	Sometimes, if very low to ground
Lysimachia (Creeping Jenny)	Sun or shade	Perennial	Yes – low to ground
Nandina 'Firepower'	Sun	Dwarf shrub; No berries; Turns red in fall.	Yes
Sedum 'Lemon Ball'	Sun to partial sun	Annual	Yes

Editor's note: I agree with you, Ann! After the grays of winter, the chartreuse greens are the welcome stars of the show in spring! Below, a magnificent green fern, one of many ferns growing at Schuyler Quarry Gardens in Nelson County, VA.



Recent Events & Field Trips



Five Hills Plant Sale and Fundraiser
May 11, 2019



Recent Events & Field Trips

Five Hills Garden Club Visits Charleston, South Carolina!

Many thanks to Lura Marshall, Karen Fleming and others for their beautiful photos!



Remembrance



Remembering Nancy Rohde

18 January, 1946 - 10 May 2019

We were all saddened to receive the news that our Five Hills Garden Club member and friend, Nancy Rohde, passed away on May 10, 2019.

Originally from Michigan, Nancy moved to Fairfax in 1975 and became involved in many volunteer activities. She leaves behind her husband of 48 years, Bill, as well as her two daughters, Ann and Sarah, their husbands, and three wonderful grandchildren.