

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



CARING and SHARING make for “Healthy Surroundings,” the theme for my term as president. Caring and sharing is what we have been doing:

- Making the Valentines for the residents at Iliff Nursing and Rehabilitation Center for our January program
- Making floral arrangements each week for the reception area
- Making floral holiday arrangements for their dining tables
- Starting this month, sending a card each month to a senior as part of our “adopt a senior” program.

Thank you all for your contributions.

Erma Rockholt, an Honorable Member of Five Hills, celebrated her 96th birthday in January. With the aid of her walker, she continues to be an avid gardener. She contributed a number of plants and bulbs as well as boxes of other items to our September yard sale. She reads our *Sow-and-Tells* from cover to cover several times each month. Erma is a jewel! I'm grateful she is a part of Five Hills!

I look forward to seeing you on Zoom for our February meeting and I'm hopeful for an in person meeting in the next month or two!

Shelia

Upcoming Events

- Feb 8 Virtual Board Meeting
10am**
- Feb 15 Virtual General Meeting
10am**
- Mar 8 Virtual Board Meeting
10am**
- Mar 15 Virtual General Meeting
10am**

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Program For February 15th Meeting

Observing Nature through Journaling (Lara Call Gastinger)

Lara Call Gastinger, the chief illustrator of **Flora of Virginia**, shows how she combines science and art to create a sublime journal of the plant world. Using images from her sketchbooks, she describes her own artistic journey, how it evolved to become daily practice, and how it is meant to inspire others to appreciate and conserve our beautiful surroundings. For those who want to take up journaling, she explains how to overcome the “dreaded blank page” and put our observations of nature on paper.



The subjects of her art are artifacts of the natural world and reveal detailed evidence of the natural processes of growth, reproduction, and decay. She finds inspiration in a carrot that has gone to flower, a broken seedpod, twisted roots or insect damage to a leaf. She strives to make a plant portrait in such a way that it reveals its character and uniqueness. Her focus on the small details and celebration of the everyday hopefully inspires others to look a bit deeper and linger a bit longer. She has gained international recognition with the creation of her “perpetual journal” that has inspired naturalists around the world to start their own.

laracallgastinger.com

laragastinger@gmail.com

[instagram.com/laragastinger](https://www.instagram.com/laragastinger)

[patreon.com/laragastinger](https://www.patreon.com/laragastinger)

Val Plisko - Program Chair

JANUARY MEETING FOLLOW-UP

Here are just 3 of the many pictures of Valentines cards that were created at the January meeting. [This link](#) (good until March 2) will share a lot more with you - a total of 120 cards created.



Membership dues are due by March 31st**\$70 for Active Members/\$75 for Associate Members**

At the end of the newsletter is a membership form that needs to be copied or downloaded, filled out and emailed to Andy Bothwell at bothwellandy@gmail.com. This year we would like to include your husband's name that will be printed in the yearbook. If you would prefer not to do so, just leave it blank. You can also copy the form, fill it out and mail it, with the check, to me at 8804 Lynnhurst Drive, Fairfax, VA 22031 and I will deliver the checks to Valerie. If you have no changes to your information send me an email 'No Change' (include your husband's name if you want him in the yearbook).

Checks need to be sent to Valerie Warriner at 13479 Lake Shore Drive, Herndon, VA 20171.

If you want to use paypal it will be accepted only if paypal is connected to your checking account. (Paypal charges a fee if it is connected to a debit/credit card and will subtract from the amount that Five Hills will receive thus you will be responsible for the additional amount.)

Valerie is also willing to sit in front of Pennywise in Vienna and collect checks from anyone that would prefer to take them to her on Tuesday, February 22nd from 10am to 12pm. Let her know you are interested in doing this option so she can set up a time to meet you. Her email is wwarriner@aol.com.

If you have any questions or need any help please feel free to call, 703-850-6177, or email bothwellandy@gmail.com.

Andy Bothwell, Chair

HORTICULTURE & DESIGN

Jane Schmiedekamp - Horticulture and Design Chair



Horticulture: Bring a beautiful bare tree or shrub limb that could be used with flowers as a winter decoration.



Design: Make a design that says, "Winter Wonderland"

Lura Marshall dropping flowers off at the Iliff Nursing Home on February 2nd.



Valerie Warriner dropping off Feb 9th flowers.



Shelia Creswell, Helen Mertz and Jane Schmiedekamp making flower arrangements for Iliff for Valentines Day.



Noreen Linnemann, Chair

Invasive Plants

Today I am inspired to write about two invasive plants in our midst Mugwort and Kudzu, both are extremely difficult to eliminate from gardens, fields, and forest edges. Both were brought here to high praise and were considered wonder plants, though most of us now know we could happily live without them. So, what can be done? Read on—it will surprise you.



Artemesia vulgaris, (Mugwort)

Mugwort is a flowering plant native to Asia and Europe. It produces yellow or reddish flowers and dark green leaves with silver fuzz. Mugwort leaves have a sage like smell and are used to repel moths. Variegated and golden leafed varieties are attractive additions to arrangements with lavender and carnations and contrast with dark green mints. Mugwort dries well and adds a nice texture to less-formal arrangements needing a slender, some feathery, brown stalk.

Others use Mugwort in herbal baths to relieve aches in muscles and joints. it has a long history as a medicinal herb. It was once believed to protect against evil spirits and even used by Roman soldiers to fight fatigue while marching. In recent years, it has been used as a spice, insect repellent, and popular ingredient in many skin care products.

It has been studied for its potential health benefits and antioxidant, antimicrobial, and cancer-fighting properties (none of which have proven benefits thus far).

Mugwort (*Artemesia vulgaris*) is an invasive perennial widespread throughout North America, though it is most common in the eastern United States and Canada. It is a weed of nurseries, turfgrass, vineyards, waste areas, forest edges, and roadsides. Mugwort spreads aggressively through an extensive rhizome system and will readily form large, mono-specific stands.

Invasive Plants (continued)

Shoots emerge during the spring, and flowering occurs from July to late September. A single plant can, depending on its environment, produce up to 200,000 seeds. The small seeds (~1mm in diameter) are largely wind dispersed. Seed production does not seem to be a major factor in the spread of Mugwort populations, however, and some biotypes do not produce viable seed. Instead, Mugwort spreads largely through vegetative expansion and the anthropogenic dispersal of root propagules. The root system is extensive though shallow (to 20 cm in depth, 10 inches), with numerous branching rhizomes up to 1 cm (1/2 inch) in diameter. Plants can regenerate from rhizome fragments as small as 2 cm (1inch).

Mugwort is a problematic weed in nurseries, where small root fragments can easily contaminate nursery stock. It is also a major weed in turf grass, field-grown ornamental crops, and orchards. Stands of Mugwort displace native species and can delay or disrupt succession in natural ecosystems. Mugwort produces several terpenoid potential allelochemicals, and decaying Mugwort foliage has been shown to inhibit the growth of red clover in laboratory experiments. Mugwort pollen is a common cause of hay fever.

Prevention and control:

The dense root system of Mugwort can make it difficult to control. Pulling is ineffective and may even promote growth by leaving residual rhizome fragments in the soil. Mugwort tolerates mowing, and even sustained mowing over two years will not fully eradicate Mugwort stands. The relatively shallow roots make Mugwort vulnerable to repeated cultivation in agricultural systems, though this practice risks spreading root propagules.

Chemical control of Mugwort can have limited effectiveness. Though non-specific broadleaf herbicides such as glyphosate or dicamba can effectively control Mugwort, the rates required for adequate suppression are rarely economical. For small infestations, multiple spot-treatments of glyphosate can be effective.

I have found that hand digging to get up as much of the root system as possible and then covering the area with 4 sheets of news paper and then 2 inches of mulch controls most of it in my garden and when it pops through, I cover it again and it gets quite discouraged.

Invasive Plants (continued)

Kudzu

Introduced from Asia in the late 19th century as a garden novelty, but not widely planted until the 1930s, kudzu is now America's most infamous weed. In a few decades, a conspicuously Japanese name has come to sound like something straight from the mouth of the South, a natural complement to inscrutable words like Yazoo, gumbo and bayou.

Kudzu might have forever remained an obscure front porch ornament had it not been given a boost by one of the most aggressive marketing campaigns in U.S. history.



In the decades that followed kudzu's formal introduction at the 1876 World's Fair Centennial Exhibition in Philadelphia, farmers found little use for a vine that could take years to establish, was nearly impossible to harvest and couldn't tolerate sustained grazing by horses or cattle. But in 1935, as dust storms damaged the prairies, Congress declared war on soil erosion and enlisted kudzu as a primary weapon. More than 70 million kudzu seedlings were grown in nurseries by the newly created Soil Conservation Service. To overcome the lingering suspicions of farmers, the service offered as much as \$8 per acre to anyone willing to plant the vine.

Railroad and highway developers, desperate for something to cover the steep and unstable gashes they were carving into the land, planted the seedlings far and wide. There were kudzu queens and regionwide kudzu planting contests.

By 1945, only a little more than a million acres had been planted, and much of it was quickly grazed out or plowed under after federal payments stopped. Farmers still couldn't find a way to make money from the crop. By the early 1950s, the Soil Conservation Service was quietly back-pedaling on its big kudzu push.

And though many sources continue to repeat the unsupported claim that kudzu is spreading at the rate of 150,000 acres a year—an area larger than most major American cities—the Forest Service expects an increase of no more than 2,500 acres a year.

Invasive Plants (continued)

Even existing stands of kudzu now exude the odor of their own demise, an acrid sweetness reminiscent of grape bubble gum and stink bug. The Japanese kudzu bug, first found in a garden near Atlanta's Hartsfield-Jackson International Airport six years ago, apparently hitched a plane ride and is now infesting vines throughout the South, sucking the plants' vital juices. In places where it was once relatively easy to get a photograph of kudzu, the bug-infested vines are so crippled they can't keep up with the other roadside weeds. A study of one site showed a one-third reduction in kudzu biomass in less than two years.

In 1998, Congress officially listed kudzu under the Federal Noxious Weed Act. Today, it frequently appears on popular top-ten lists of invasive species. The official hype has also led to various other questionable claims—that kudzu could be a valuable source of biofuel and that it has contributed substantially to ozone pollution.

Kudzu rarely penetrates deeply into a forest; it climbs well only in sunny areas on the forest edge and suffers in shade. Still, along Southern roads, the blankets of untouched kudzu create famous spectacles.

And now Kudzu is along the Potomac river, the George Washington Parkway, parts of the I-495 Beltway, and I have found 2 plants in my yard, so keep your eyes peeled for it and get rid of it, the deer don't eat it.

PHILADELPHIA FLOWER SHOW

Philadelphia Flower Show Update from Barbara Tozzi

We would love to see you back for our 2022 Flower Show, June 11 – 19 outdoors at FDR Park in south Philadelphia.

Chosen to showcase how the beauty in nature restores all of us, the 2022 theme — **"In Full Bloom"** — welcomes you on a journey to explore the restorative and healing power of nature and plants. The theme promotes good health, positive well-being, and a passion for life that culminates in a gorgeous and colorful spectacle.

This year, the Early Morning Tour is offered Sunday, June 12 – Sunday, June 19 at 8 am. Attached is our group brochure and as you know the Early Morning Tour is an exclusive opportunity to experience the Show before it opens to the public.

If you have questions, please reach out to Barbara Tozzi

barbaratozzi@aol.com. OR 703-938-3792

REGISTRATION FOR MEMBERSHIP - FIVE HILLS GARDEN CLUB

2022 - 2023

Name _____

Spouse's name _____

Address _____

Home Phone _____

Cell-Phone _____

E-Mail _____

Birthday (Month & Day) _____

ACTIVE MEMBERSHIP: (\$70)

_____ Active Member, continuing

_____ New Member, joining by application

ASSOCIATE MEMBERSHIP: (\$75)

_____ Associate Member, continuing

_____ Current Active Member, becoming Associate

I agree to abide by the By-Laws of the Club and to pay the year's dues by **March 31, 2022**.

Signature: _____

Please email or mail this application to:

Andy Bothwell Membership Chair

8804 Lynnhurst Drive, Fairfax, VA 22031

(703) 850-6177

bothwellandy@gmail.com

Please send checks (payable to Five Hills Garden Club) to:

Valerie Warriner, Treasurer

13479 Lake Shore Drive

Herndon, VA 20171

(703) 507-2362

wwarriner@aol.com